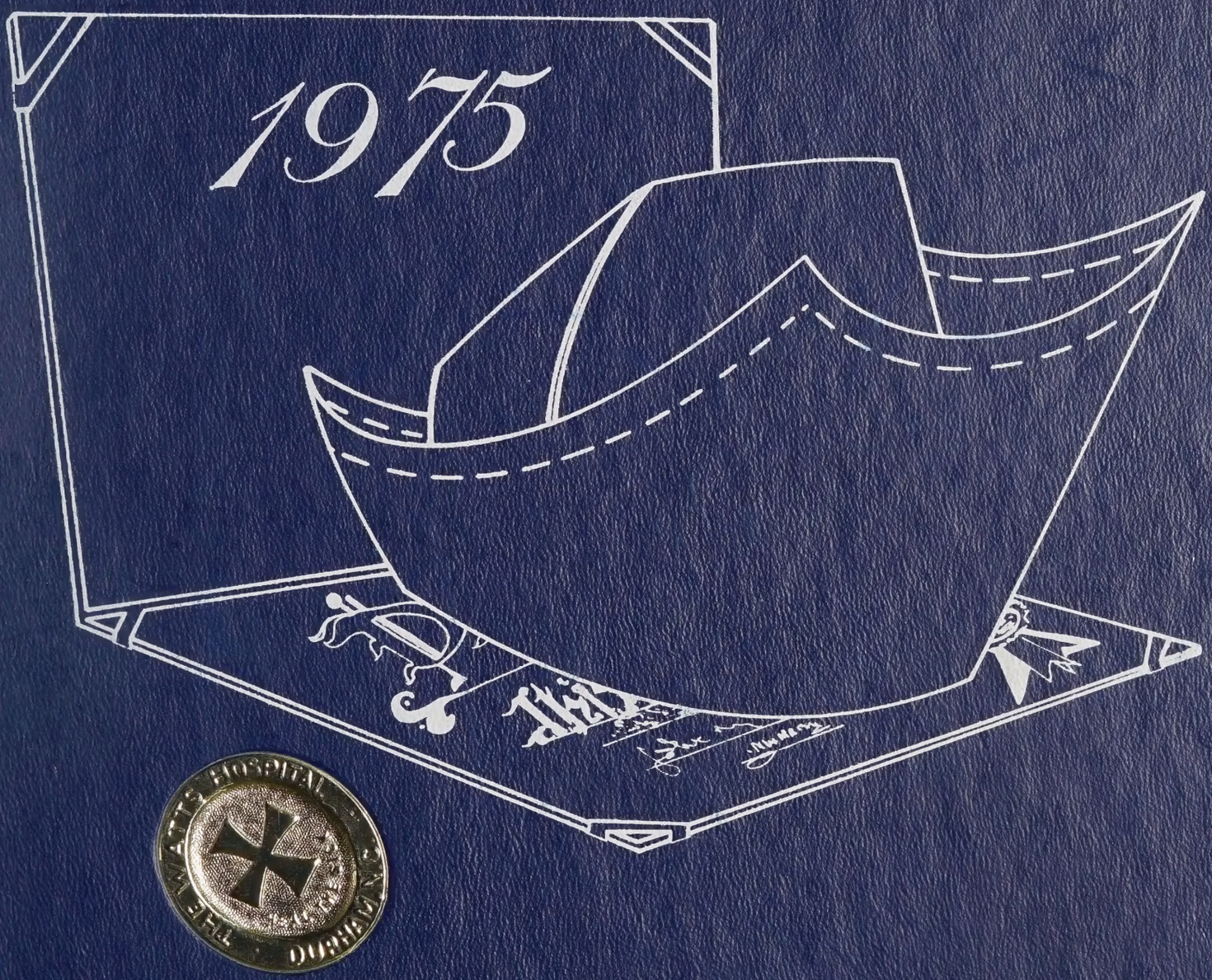


The White Cap 1975

Johns Hopkins School of Nursing Library
Baltimore

Recruitment Office

THE NIGHTINGALE PLEDGE

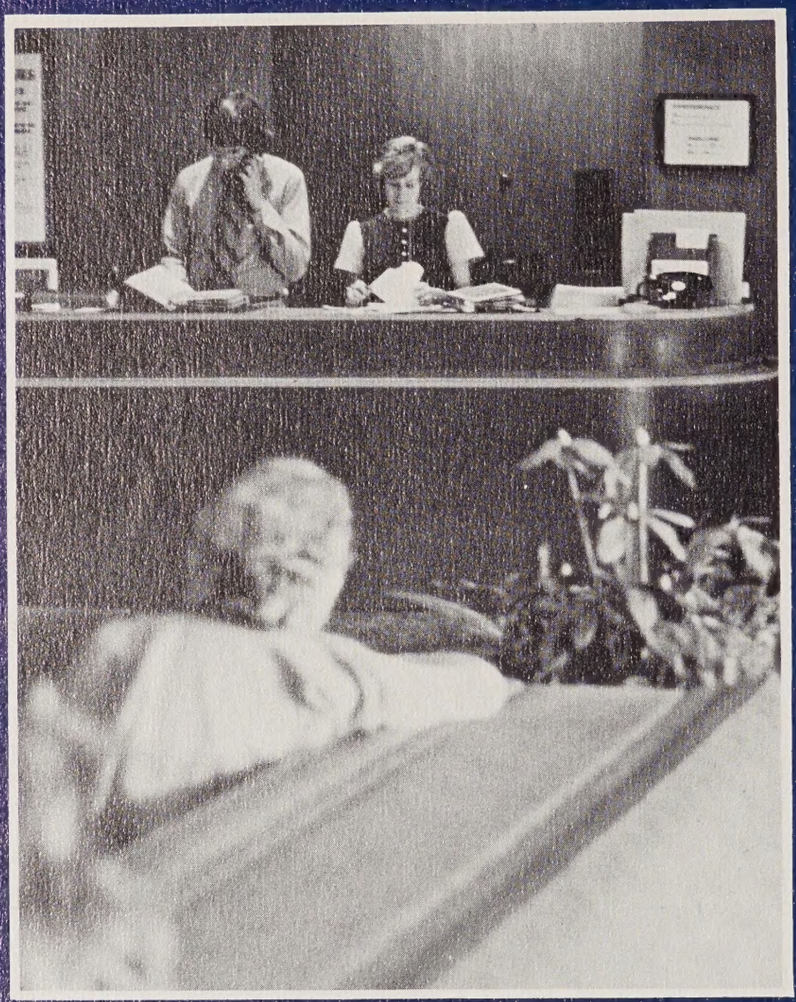
I solemnly pledge myself before God and in the presence of this assembly: To pass my life in purity and to practice my profession faithfully. I will abstain from whatever is deleterious and mischievous, and will not take or knowingly administer any harmful drug. I will do all in my power to maintain and elevate the standard of my profession and will hold in confidence all personal matters committed to my keeping and all family affairs coming to my knowledge in the practice of my profession. With loyalty will I endeavor to aid the physician in his work, and devote myself to the welfare to those committed to my care.

Recruitment Office

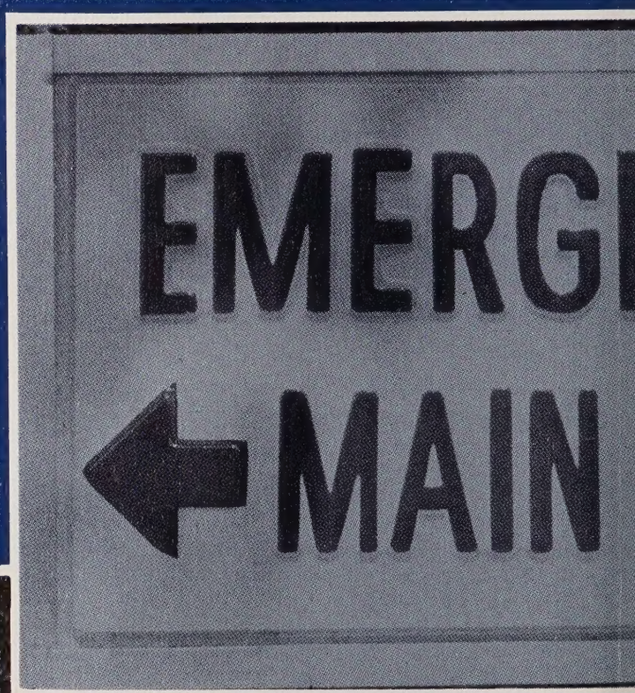
THE WHITE CAP

Watts Hospital
School of Nursing
Durham, N.C. 27705
1975

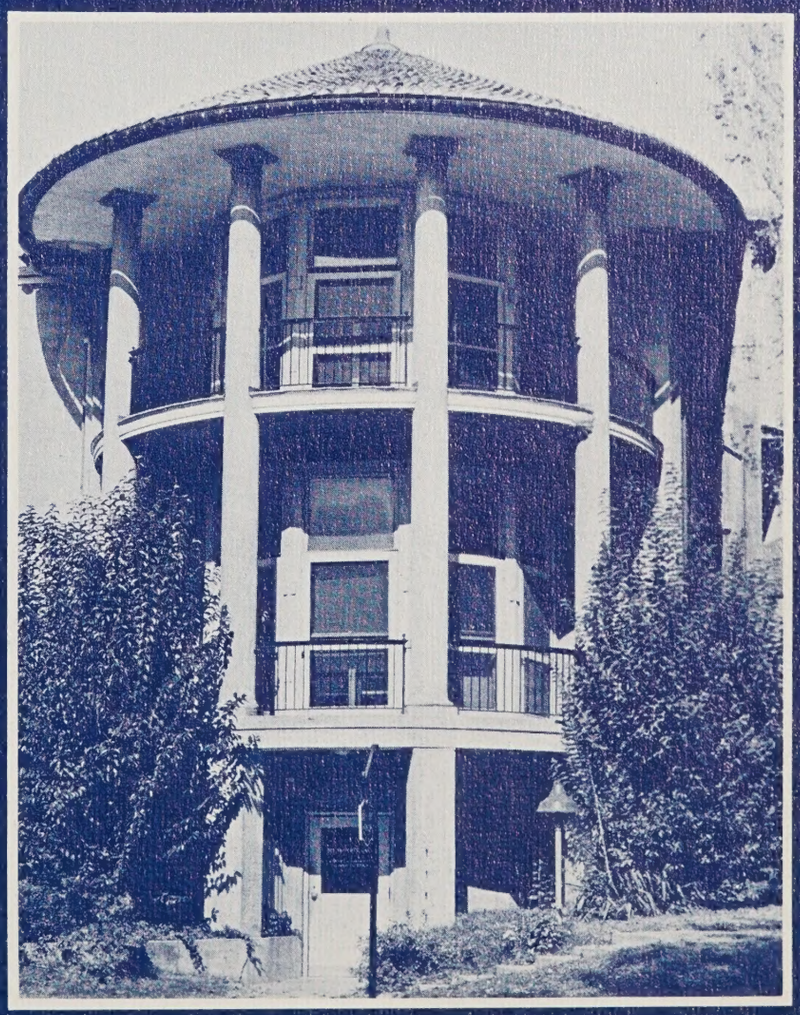
Sandy Cable Co-editors Ann Gurganus



PHOTOGRAPHS . . .



AND MEMORIES . . .



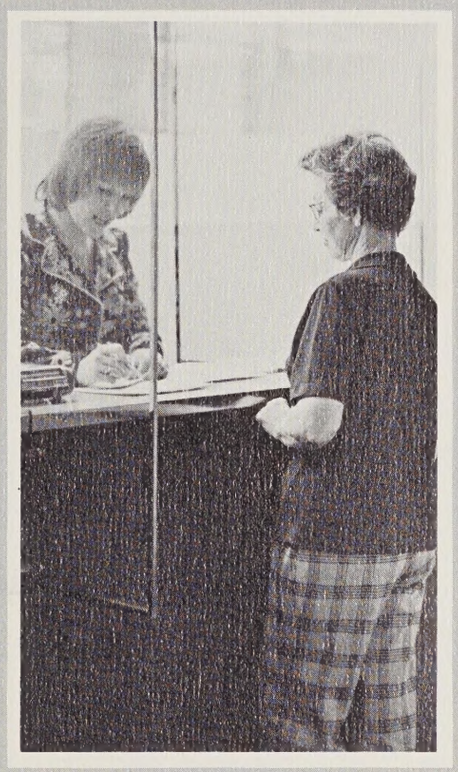
ARE ALL THAT I HAVE

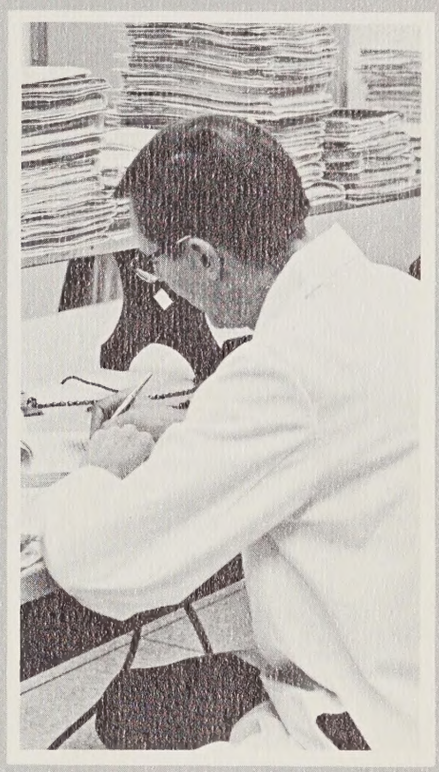
Photographs and memories
Christmas cards you sent to me
All that I have are these
To remember you.

Memories that come at night
Take me to another time
Back to a happier day
When I called you mine.

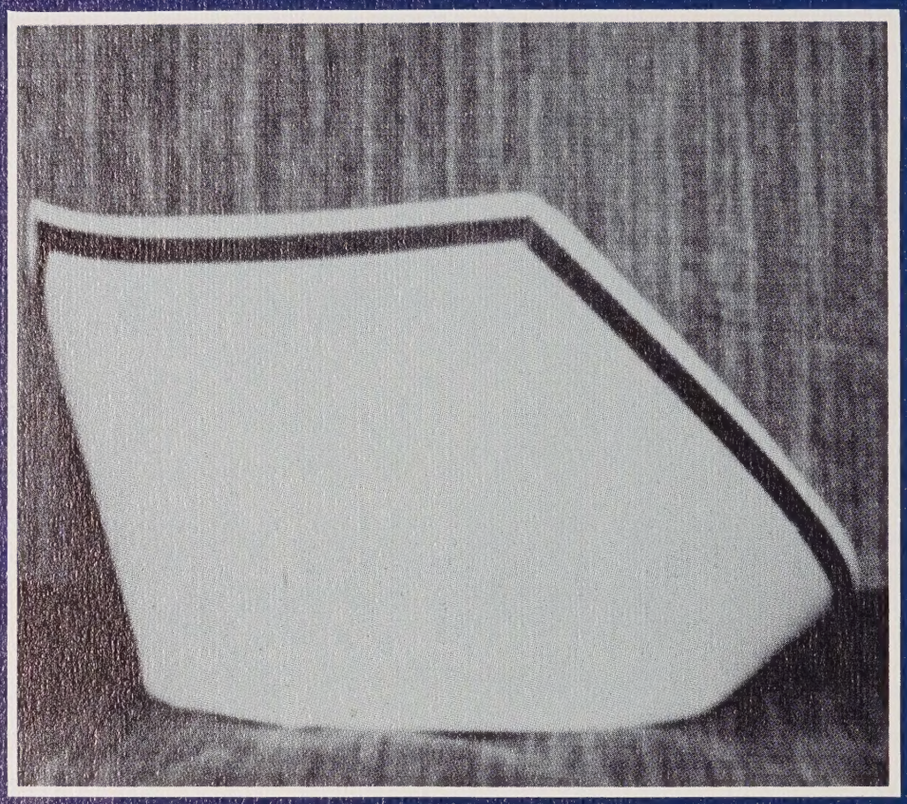
But we sure had a good time
When we started way back when
Morning walks and bedroom talks
Oh how I loved you then.

TO REMEMBER YOU.

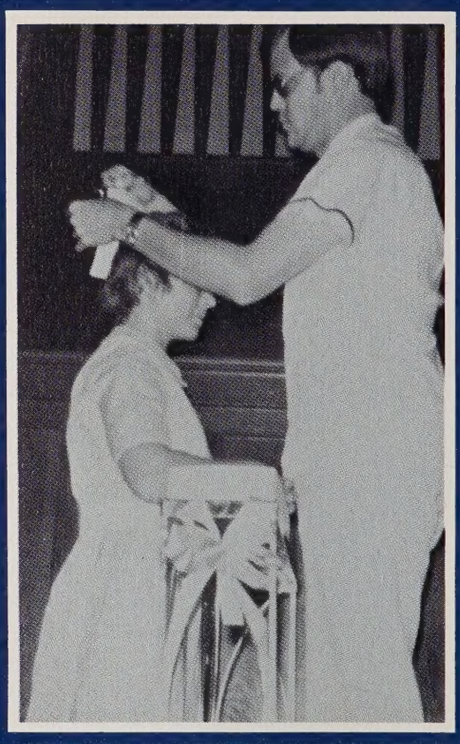




BLACK BANDING 1974

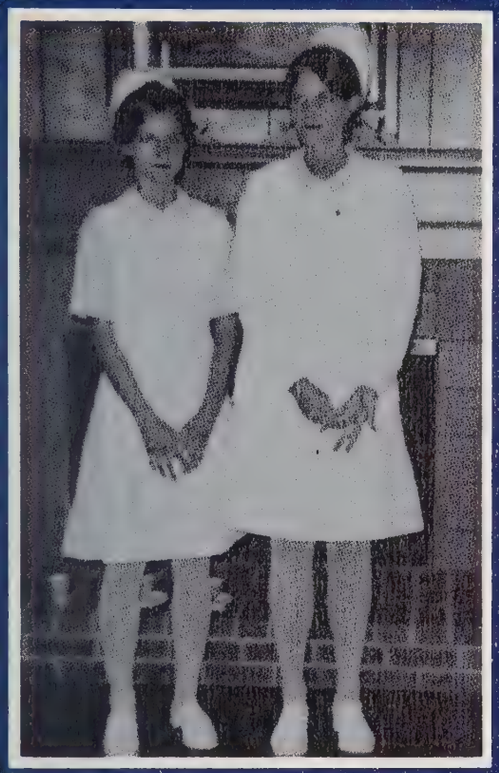


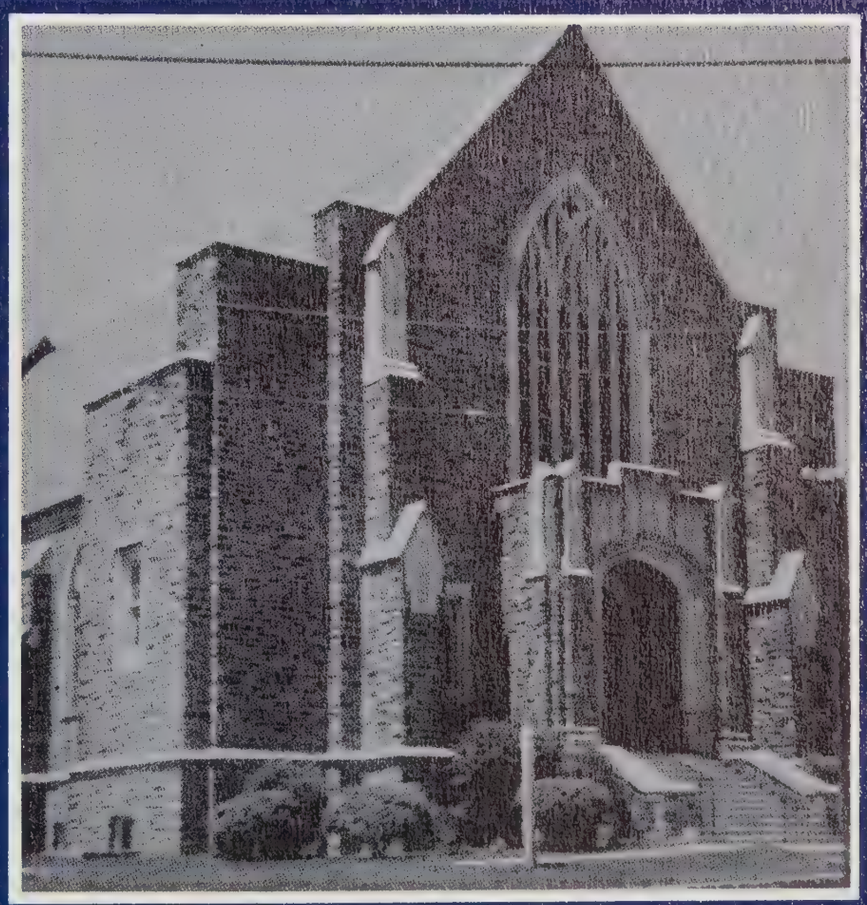
After two years of hard work and study comes that proud moment when the Juniors receive their long awaited black bands, thus officially acknowledging that they have reached the level of Senior. Along with the black band comes the added responsibilities, expectations and dignity of being an upperclassman. This is the beginning of that last step toward graduation and the realization of a dream.



. . . proud big sisters

. . . trembling little sisters





. . . tears in the corner of every eye

ANNIE

The presentation of Annie has been a tradition at Watts since 1943; it was in this year that a senior student won Annie at the State Fair. This senior having no roommate of her own, chose to share Annie by passing her on after her graduation to the two closest roommates from the up-coming Senior class. Since that first presentation, Annie has become a symbol of congeniality and understanding between two chosen roommates. This year, Ginny Davis and Sherri Eddinger had the honor of accepting the presentation of ANNIE.

God speaks to us in the gentle rain
that splashes and taps on our windowpane;

We hear His voice in the comforting sigh
of the wind as it goes murmuring by,

In the roar of the sea and the song of birds,
We hear the majesty of His world,

And when silent nights wear a star-studded crown
God talks in a language transcending all sound;

But His message of hope and love without end
is most clearly heard in the voice of a friend.

— Dean Walley

We love each other . . . it must have shown, because our classmates honored us with Annie.

Thanks friends.

Always,
Ginny and Sherri

SANTA FILOMENA

The purpose of Santa Filomena is to recognize achievement and promote leadership. The members are chosen from the rising Senior class and publicly tapped at the Black Banding Ceremony. The members shall strive for better interclass relationship and promote better nursing and higher nursing standards. Those chosen for this year are Marilyn Monk, Sherri Eddinger, Phyllis Harris, Gwyn Harrison, Donna Gray and Ruth Long.

SUMMER

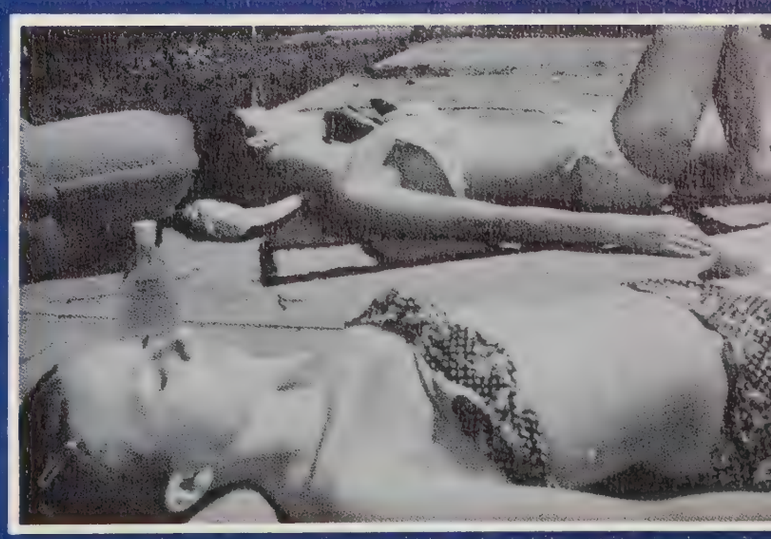
F U N

Summer skys and lullabies

Nights we couldn't say goodbye

And of all the things that we knew

Not a dream survived.



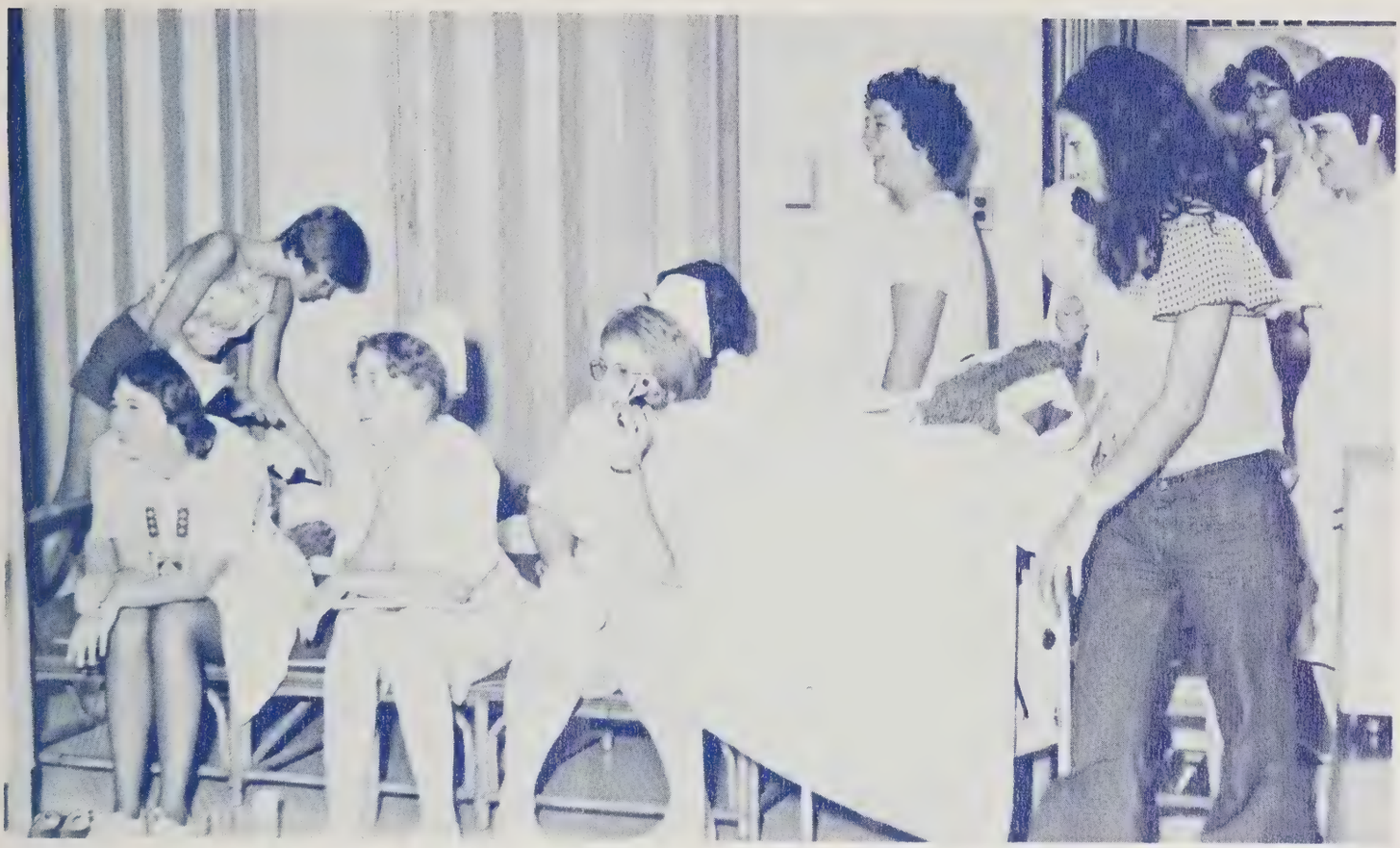
'HEY, HEY, GONNA BE

Moving into a strange place — New friends — Leaving home — Rush, rush, rush — Raids and door decorations. All of these things you remember.

A SHOWDOWN!!!

SKITS!!

FUN!!



LAUGHTER!!

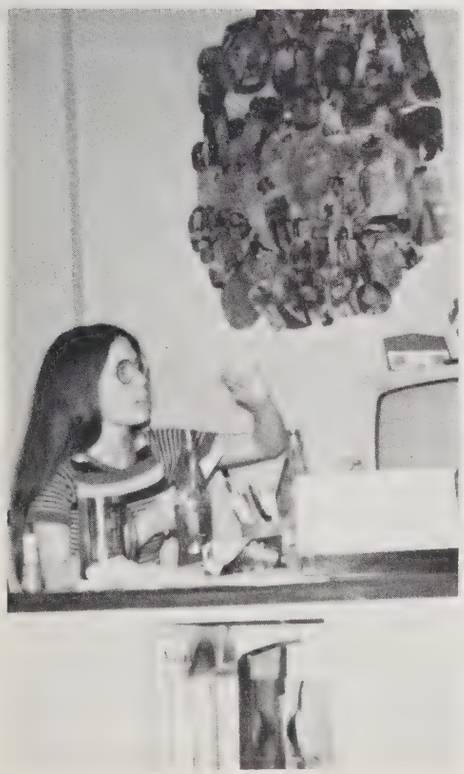
INITIATION

A meek and lowly
worm at its end

NIGHT
1974

Bed pans
Baby Ruth
Catheter Bags
Lemonade
Blue Scrub Caps
Printed Bibs

STUDENT LIFE



Being a student means more than just classes and clinical. A part of each student's life consists of those forever famous cookouts, crowded and smelly refrigerators, trying to find something to do rather than studying and when you do study, staying up late. There is one person in particular who plays a part in each student's day at Watts. He is known only as Vernon, the Pinkerton man.

WHITE CAP CANDIDATES

Donna Way, Senior

Karen Williams, Junior

Ellen Pittman, Freshman

GLEE CLUB

A bunch of girls just sitting around singing folk, oldie-goldies, religious and even Watts original songs — that's our Glee Club. Nothing fancy and surely not professional, for a switch, but we do have fun. This year's group worked under the direction of Mr. Glenn Starnes.

STUDENT COUNCIL

Student Council is made up of the officers of the Student Government Association and representatives of each class. At their regularly monthly meetings these students deal with matters concerning student activities as well as handling violations of the rules of the school and Honor Code.

CHRISTIAN STUDENT UNION

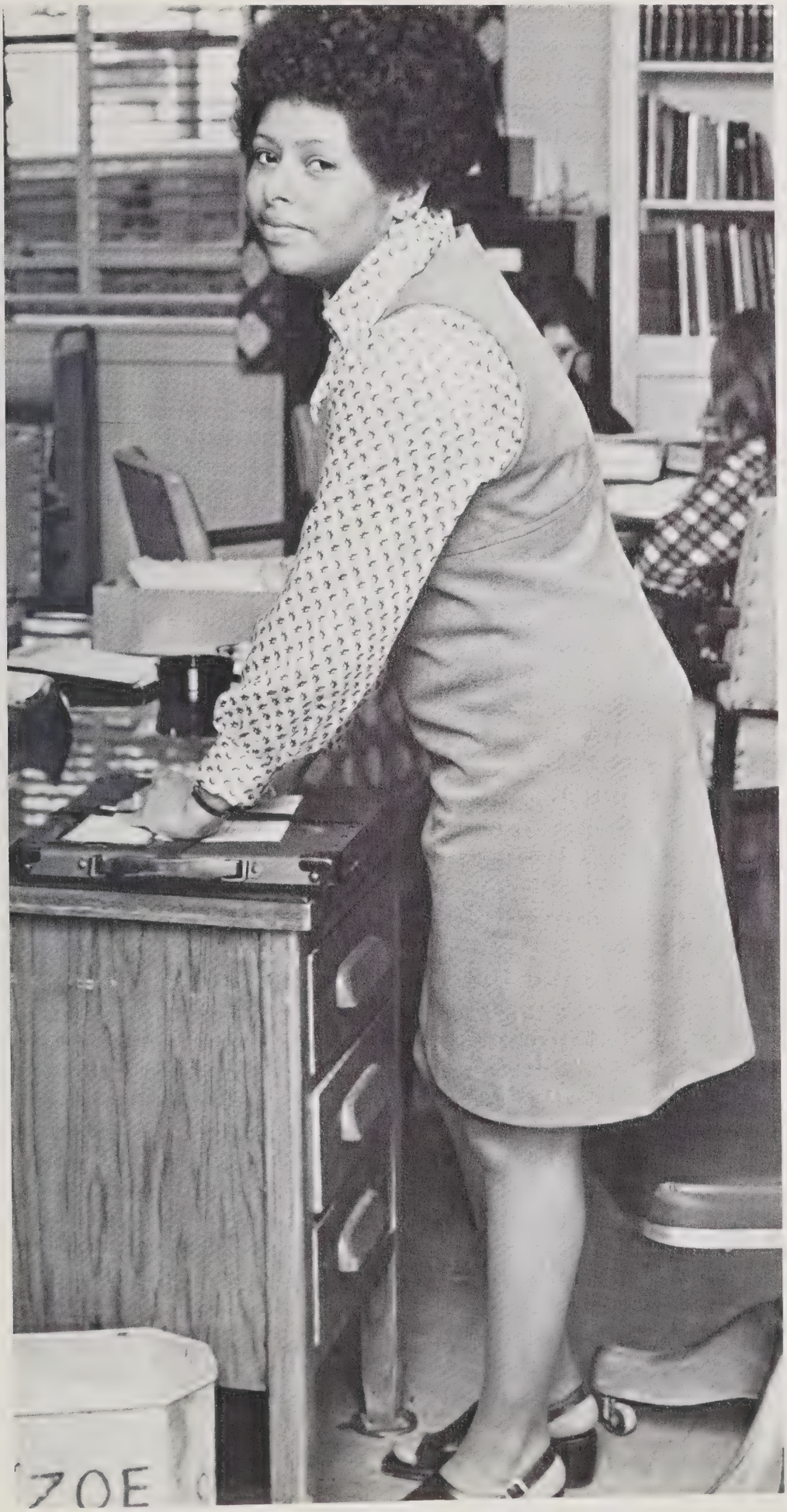
To instill in each student the desire to seek and attain those Christ-like qualities that are becoming to a nurse. To open a door to life different from other doors: a door through which a student may go to discover herself and to discover meaning for her own life in order that she may be more able to help others find meaning for theirs. This is the goal for each student involved in the Watts Hospital Christian Student Union.

STUDENT NURSES ASSOCIATION

JOURNAL CLUB

To capture each phase of our lives at Watts was our intention. Work was bountiful. Worry was plentiful. Hours were long; but satisfaction abundant. **The White Cap** is published through a joint effort of all the students. The staff is made up of representatives from each class.

ANNUAL STAFF



LIBRARY

Mrs. Priscilla Hoover

PERSONNEL HEALTH

Dr. June Van Bruggen
Mrs. Ethel Rigsbee

Mrs. Pam Aldridge, Director of Recreation and Recruitment

SECRETARIES

Norma Clayton

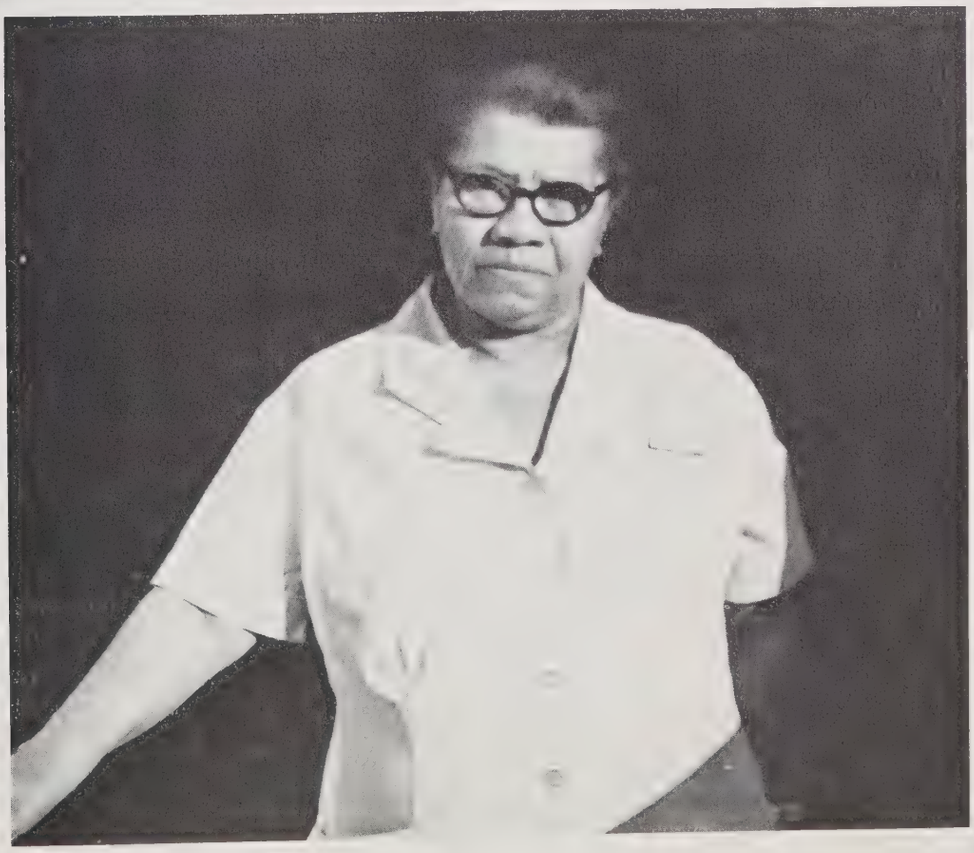
Betsy Hunt

HOUSE MOTHERS

L-R — Mrs. Nora Pleasants; Mrs. Mae Neil; Mrs. Hazel Rickman; Mrs. Gladys Hobbs; Mrs. Lucille Rich; Mrs. Marilyn Ladd.

HOUSE KEEPING STAFF

L-R: Mrs. Annie Adams; Mr. Willie Crews; Mrs. Alice Johnson



Mrs. Isabelle Thomas

TREE TRIMMING

The scent of pine fills the dorms as Christmas approaches. This means getting together to trim the tree with lights and ornaments or whatever.

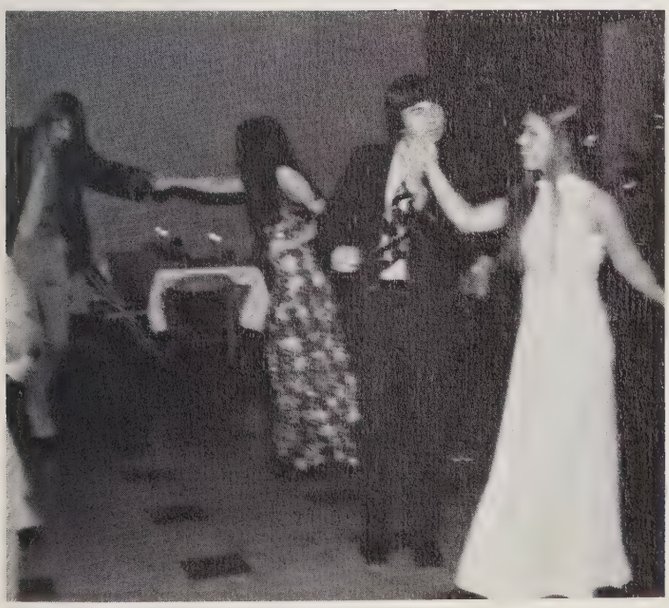
CHRISTMAS CAROLING

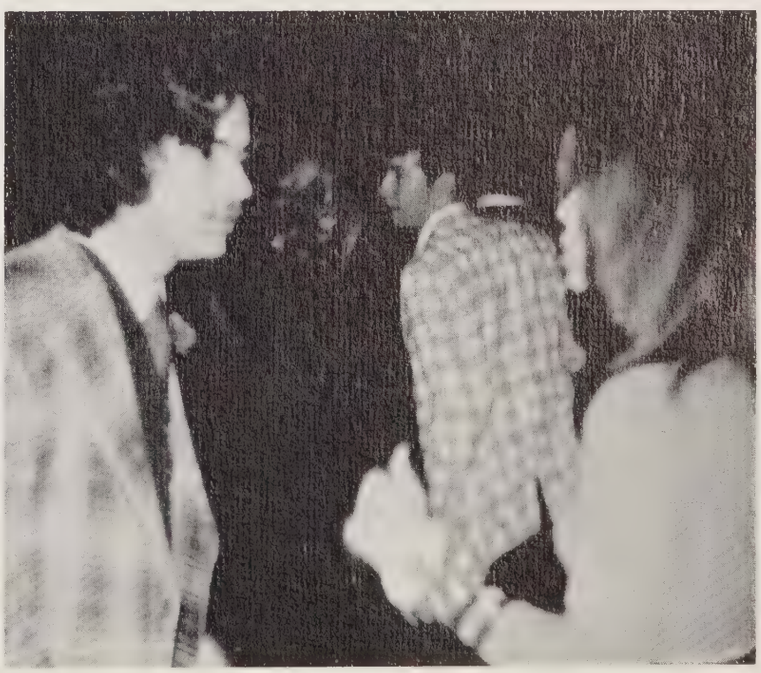
Singing the old Christmas favorites and trying to spread a little Christmas cheer to those in the hospital — this is the idea of caroling. Led by Florence Nightingale, the student body carols through the hospital by candlelight. Afterwards there is a party and Santa Claus, too.

Christmas 1974 was celebrated by a dance at the Elks Lodge with Armagadon offering a variety of music for dancing.

CHRISTMAS DANCE

1974





EXIT

STUDENTS

AND WORKING

Mrs. Ruby Pierce

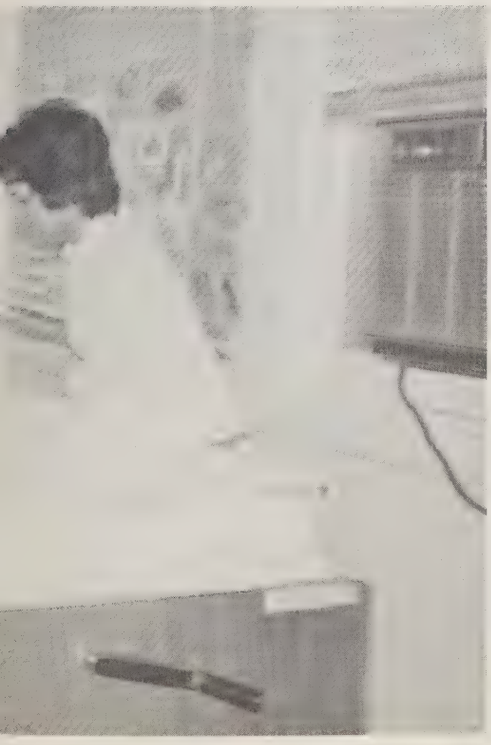
Ms. Norma Lipscomb

FUNDAMENTALS

Mrs. Donna Rogers

Ms. Joan Reinhart

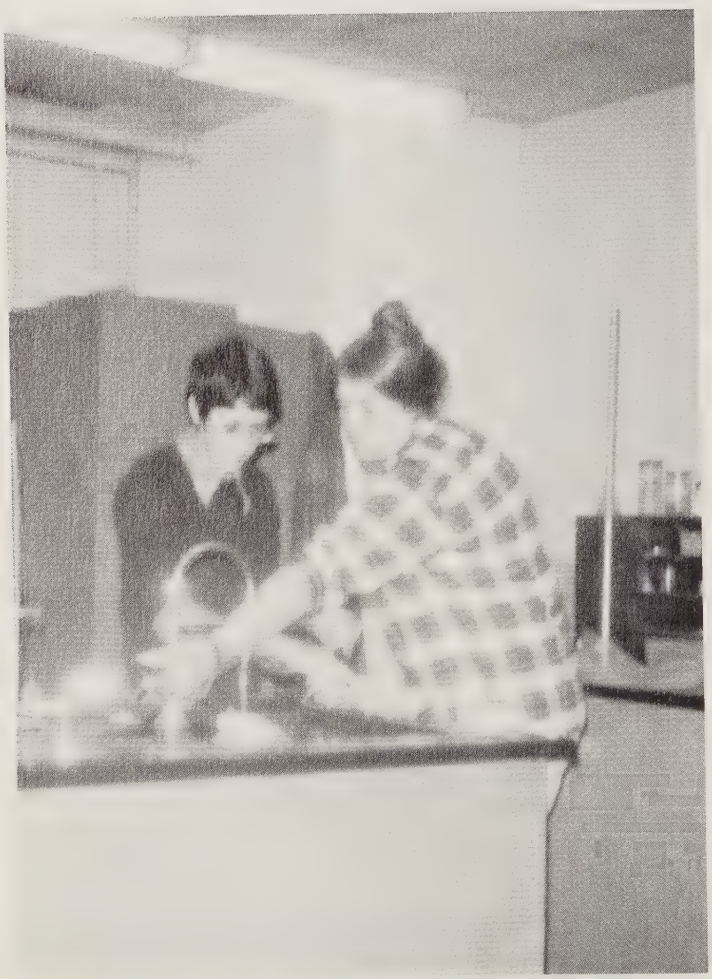
Miss Beverly J. Smith
Director of Nursing, Education



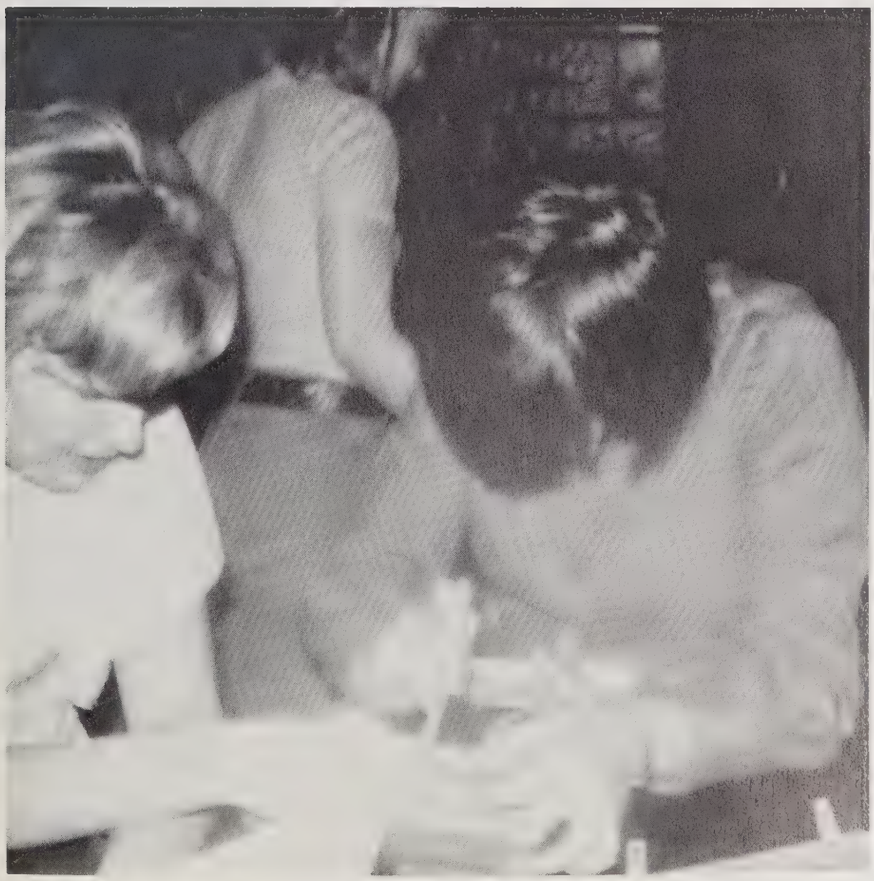
Mrs. Marian
Anderson

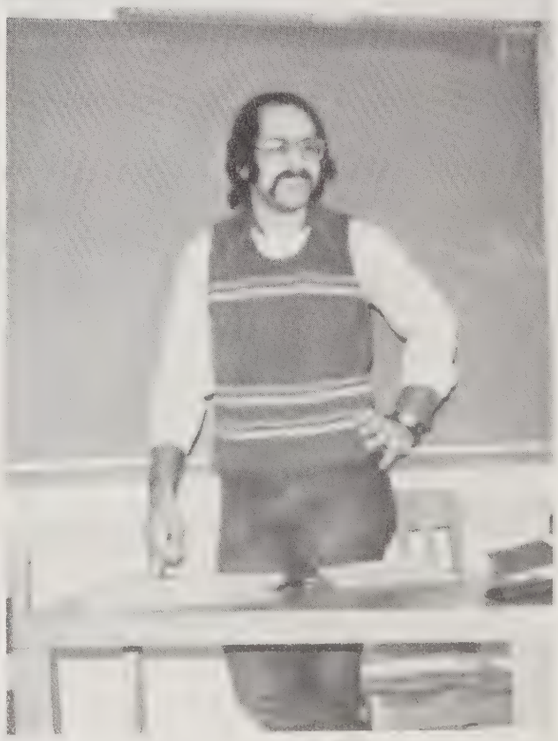
MED-SURG I

Fundamentals is fundamentals — the basics — TRP's, BP's, bed baths, and bed making. Med.-Surg. follows through with communicating skills, that first injection, and special treatments for the patient.



NCCU





FRESHMEN

CLASS OFFICERS: F. Wells, pres.; N. Anglin, treas.; J. Kozel, v.-pres.; D. Satisky, sec.

CLASS FLOWER: Yellow Rose

CLASS MOTTO: To be considered human, you must participate in humanitarian acts.

Harriet Adams

Patricia Alderman

Phyllis Allen

Sherry Anderson

Cheryl Andrews

Nancy Anglin

Susan Barnes

Pamela Atkins

Robin Bennett

Nancy Bigelow

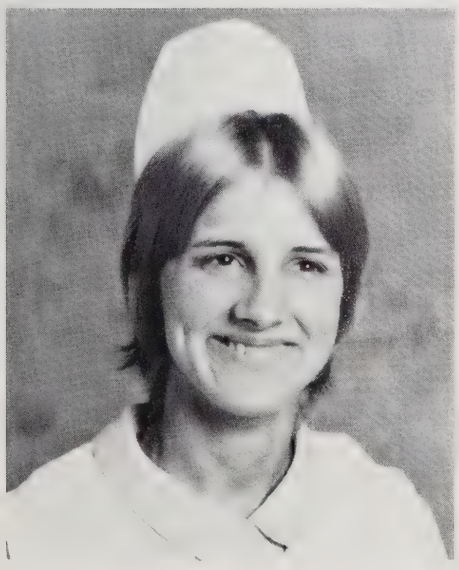
Janice Burke

Ellen Daye

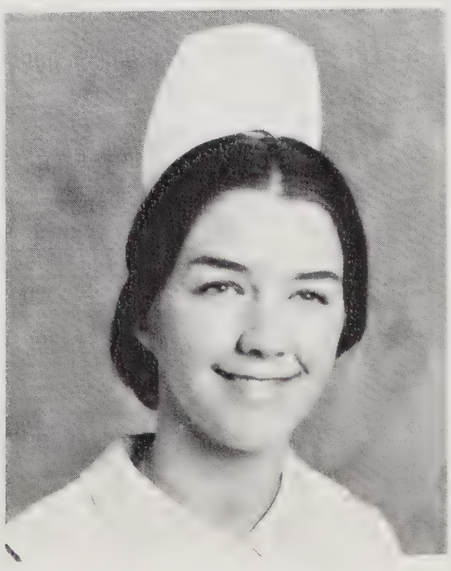
Rogena Galyean

Sharran Eakes

Jeanne Goldman



Martha Gordon



Marsha Groce

Lynne Hardee

Wanda Hart

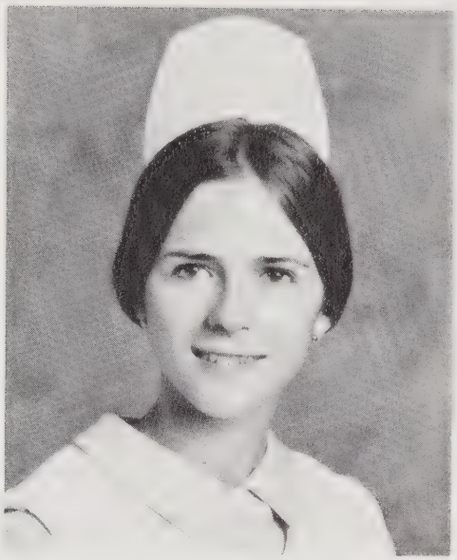
Jacquelyn Houston

Jeneverette Howard

Carolyn Hudnell

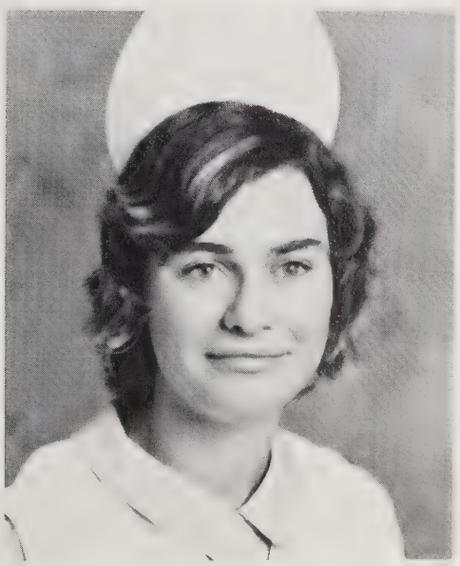
Pam Huffman

Edith Johnson



Shellie Karaus

Dianne McLeod



Glenda Mobley

Donna Nobles

Eunice Norton

Janet Peebles

Carolyn Penny

Kathy Petty

Cynthia Phelps

Ellen Pittman

Freda Rash

Zelma Ross

Patricia Ruffin

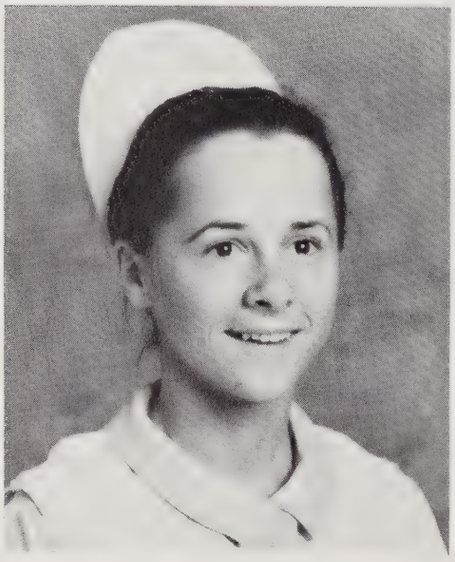
Deborah Rumley

Devera Satisky

Debra Steedly

Ruth Thomas

Joy Tingen



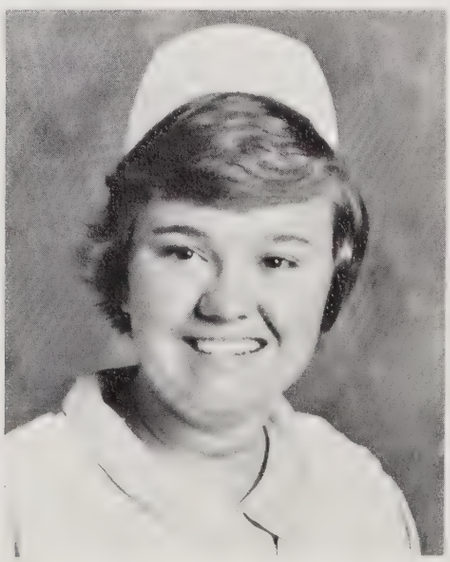
Julia Upchurch

Kathy Vaughn

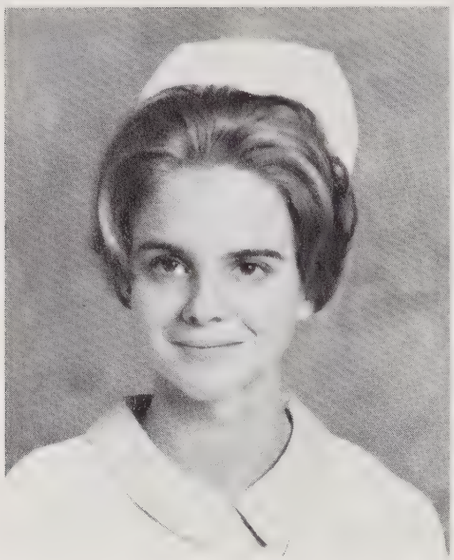
Catharine Walker

Sherry Walker

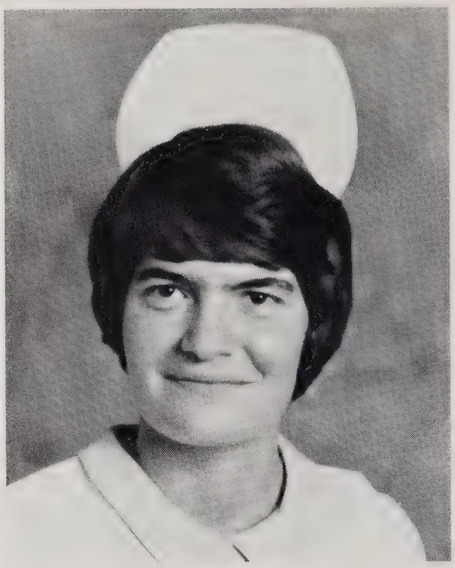
Donna Warden



Sheila Weeks



Fumi Wells



Kim Wilkie

Rosemarie West

Deborah Williford

Elaine Russell

RECIPE FOR SUCCESSFUL STUDENT NURSE

One cup of consideration—one cup of courtesy—two cups of flattery carefully concealed—two cups of the milk of human kindness—one gallon of faith in God and each other—two cups of praise—generous dash of cooperation —three teaspoons pure extract of "I'm sorry"—one cup of contentment—one cup of confidence and encouragement—at least one large or several small hobbies—one cup of blindness to each other's faults. Flavor with frequent portions of recreation and a dash of happy memories. Stir well and remove any specks of jealousy, temper or criticism. Sweeten well with generous portions of love and keep warm with a steady flame of devotion. Never serve with cold shoulder or hot tongue.

Thanks For The Part

You may not know me,
But I am the one who came to the hall
To watch a theme of Life,
An act, a role,
And became a part of it all.
I stood beside a pillar
Lost in the crowd
And watched you, at first, crawl
Then dominate the stage
And leap into a star.
And I fell in love.
I was there all the time
Watching every act,
Every scene,
Hoping that the curtain would never fall.
I was there
When you took your final bow
When the audience emptied the hall
When the cast moved away
When the lights went off
And when the stage was left hollow and void.

You may not know me,
But I am the one who stood in the dark
Long after the last bow
And watched you vanish
With a million roses
And a million wishes
And I whispered, as you passed me by,
Wishing you Love,
Wishing you Life.

You may not know me,
But I am the one who returned to the empty chamber
After you went away,
To sweep the memories
To relive the acts
To hear the clapping once more
Echoing in silence
Proclaiming you a star.
And I walked to the stage
And wrote with love
And in glaring light
"Thanks for letting me be a part of the act."

You may not know me,
But I am the one who passed through your life,
Lived for a moment or two,
Loved you and cherished you,
Then set you free and said
"Fare thee well."
And wished it were, instead
"Beloved, welcome back!"

—Brombeere —

Mrs. Anne Carroll

OBSTETRICS

We were merely tools, minor participants in the miracle of birth. Aiding the mother, providing support for the father and sharing the joy of a new life with both of the parents. His own parents, he that fathered him and she that conceived him in her womb, once birthed him. They gave this child more of themselves than that, they gave him afterward everyday . . .

Mrs. Jacqueline Brown

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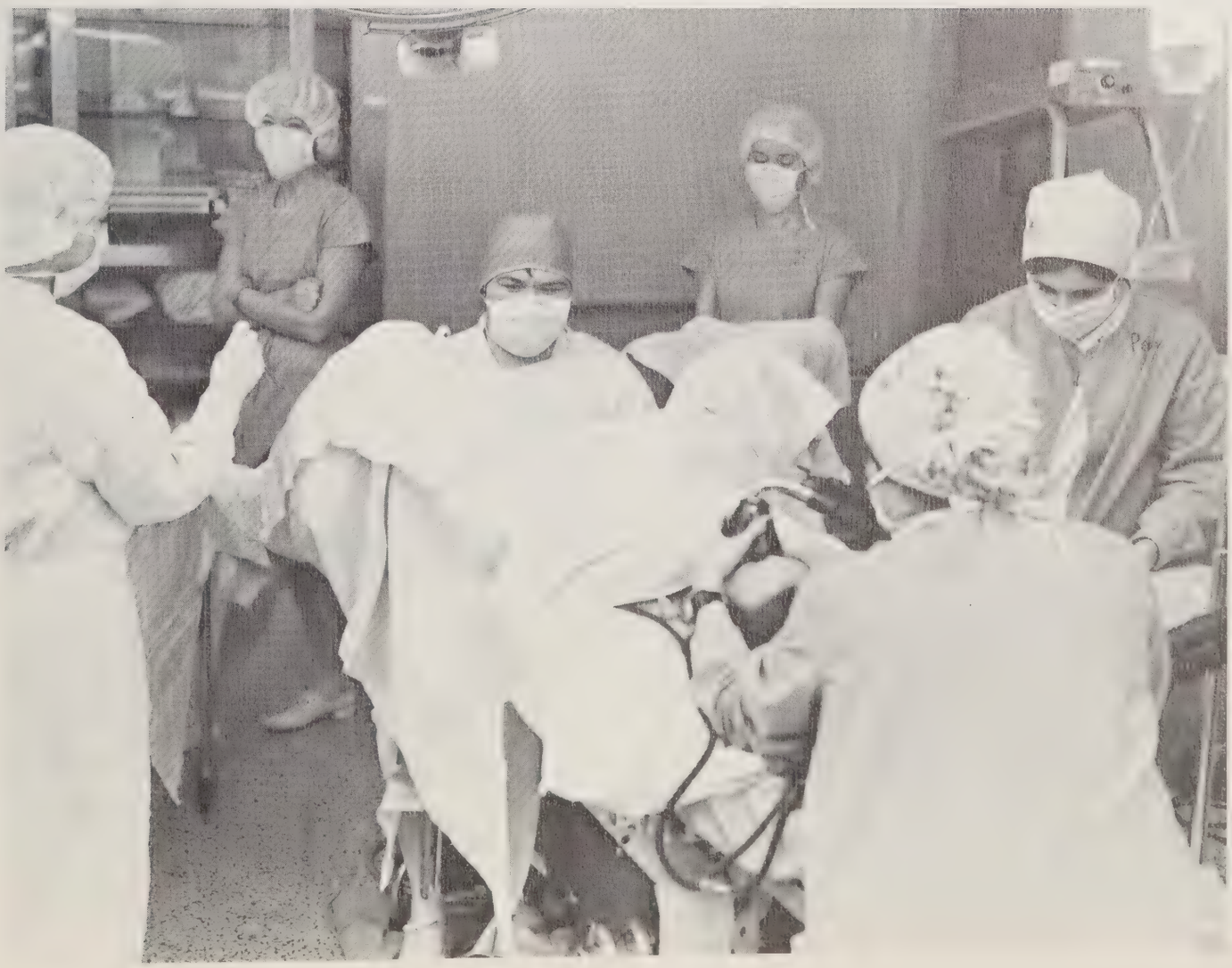
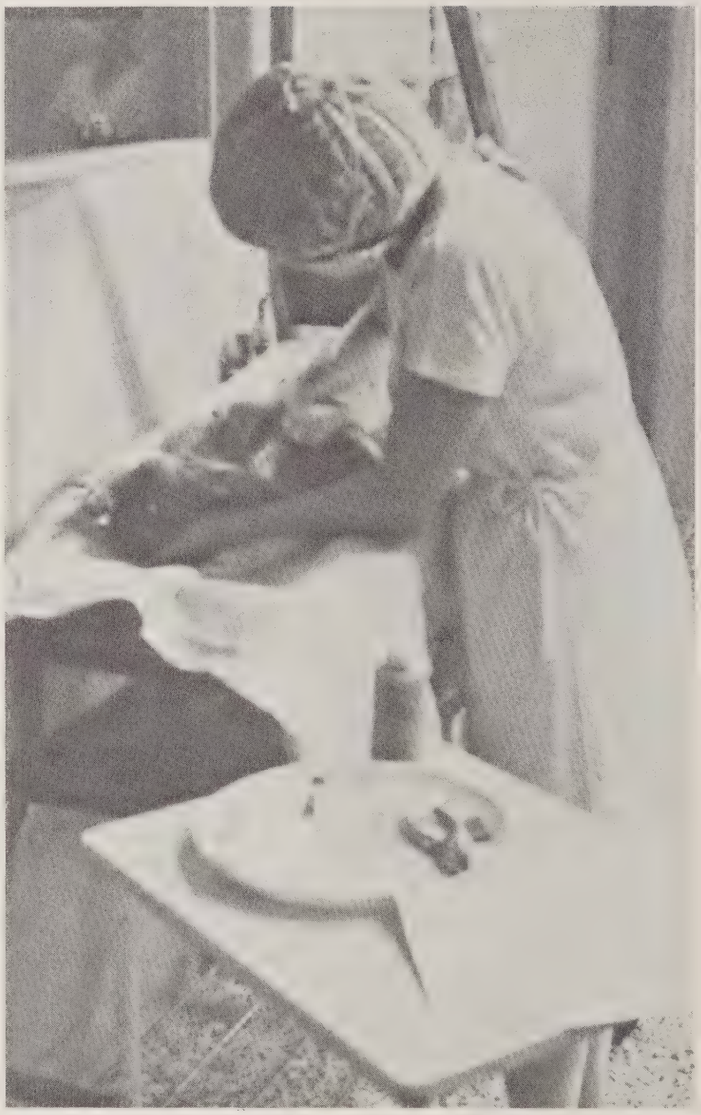
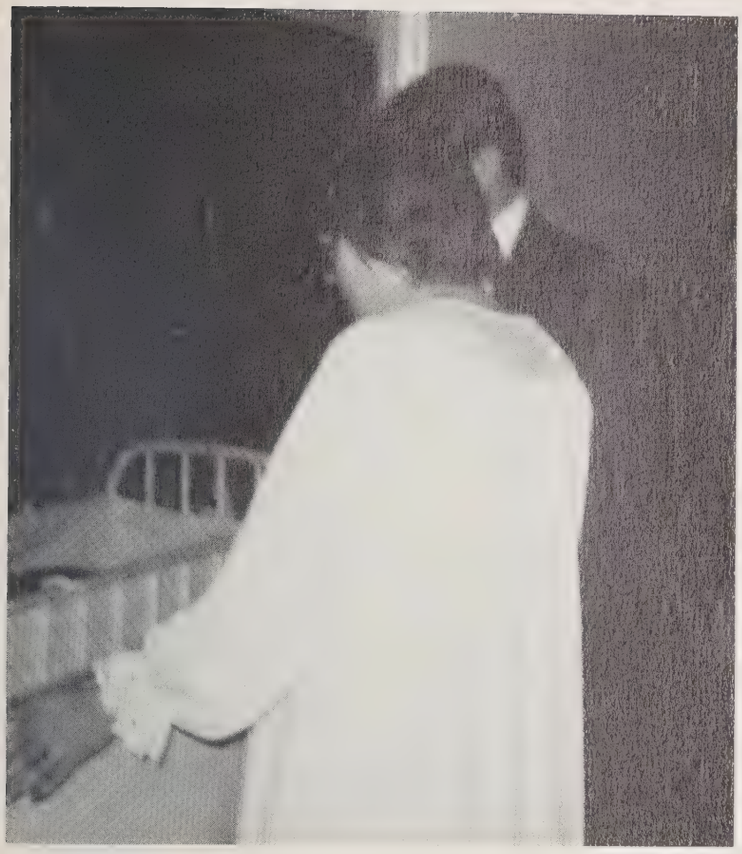






OBSTETRICS IS —

— leaving your phone number everywhere for your case study to call.

— driving 100 miles and walking into the delivery room in time to hear your case study's baby cry.

— getting your face wet while changing a diaper.

— learning to spell Anne with an "E"

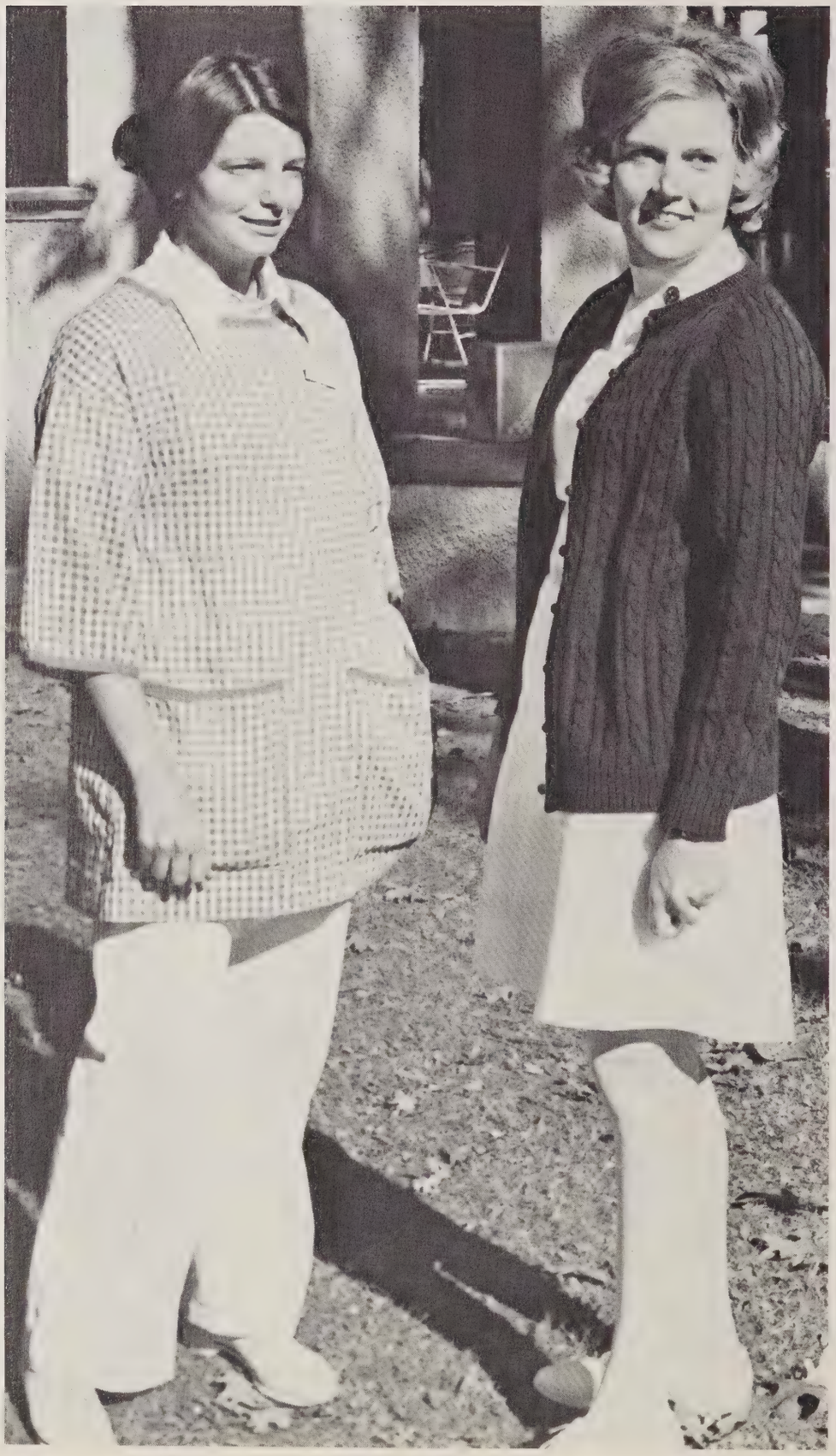
— being asked what is on page 56 of the procedure book.

— washing your hands 15 times before touching a baby.

— counting contractions when you can't feel them.

— coming out of the delivery room and saying "CONGRATULATIONS."

PEDIATRICS



L to R — Mrs. Jacqueline Fuller and Mrs. Hilda Holloway.

ON CHILDREN

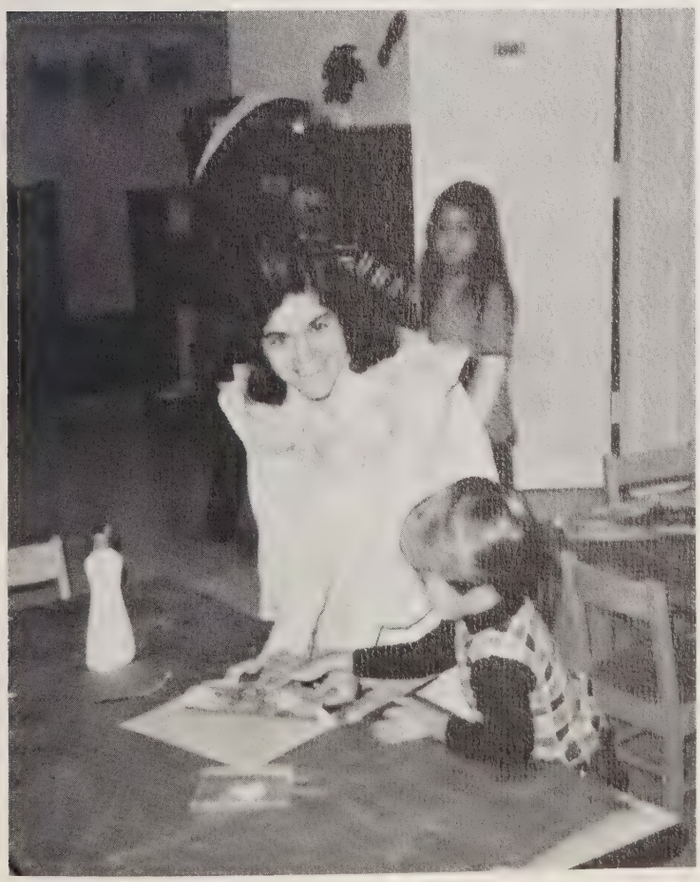
And a woman who held a babe against her
bosom said, Speak to us of children.

And he said:
Your children are not your children.
They are the sons and daughters of Life's
longing for itself.
They come through you but not from you,
And though they are with you yet they belong
not to you . . .

Kahlil Gibran, **The Prophet**

Through working with children we learned to know and understand children. We went places and worked with well and sick children.

There was a child who went forth everyday
And the first object he looked upon,
That object he became
And that object became a part of him.



Mrs. Penny Holloway

Mrs. Linda Delbridge

MED-SURG II

Mrs. Greta Brooks

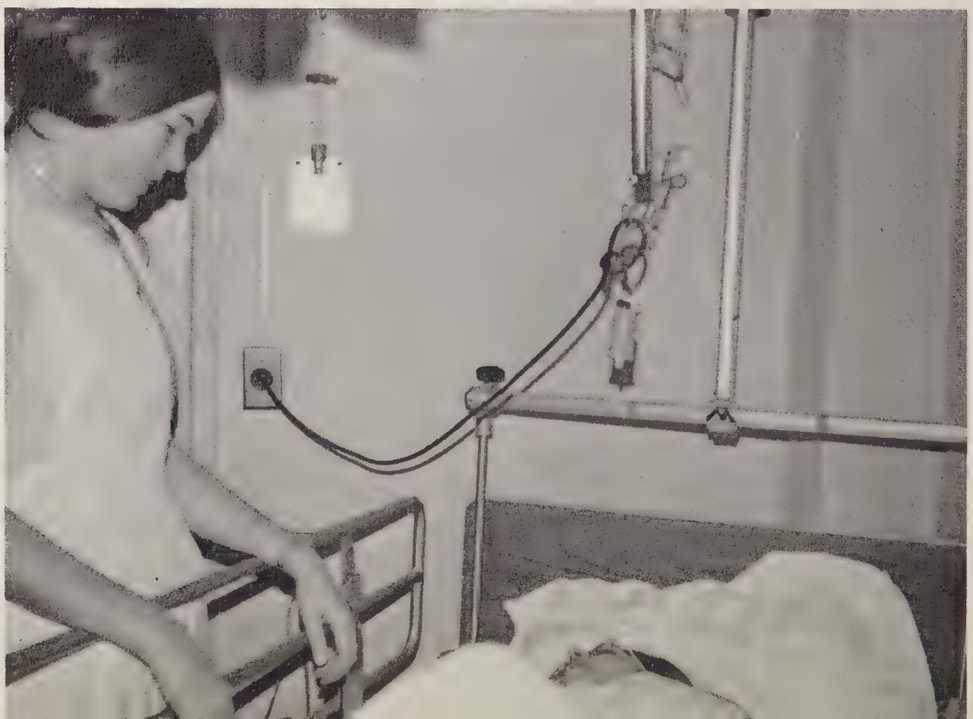
Mrs. Mona Peters

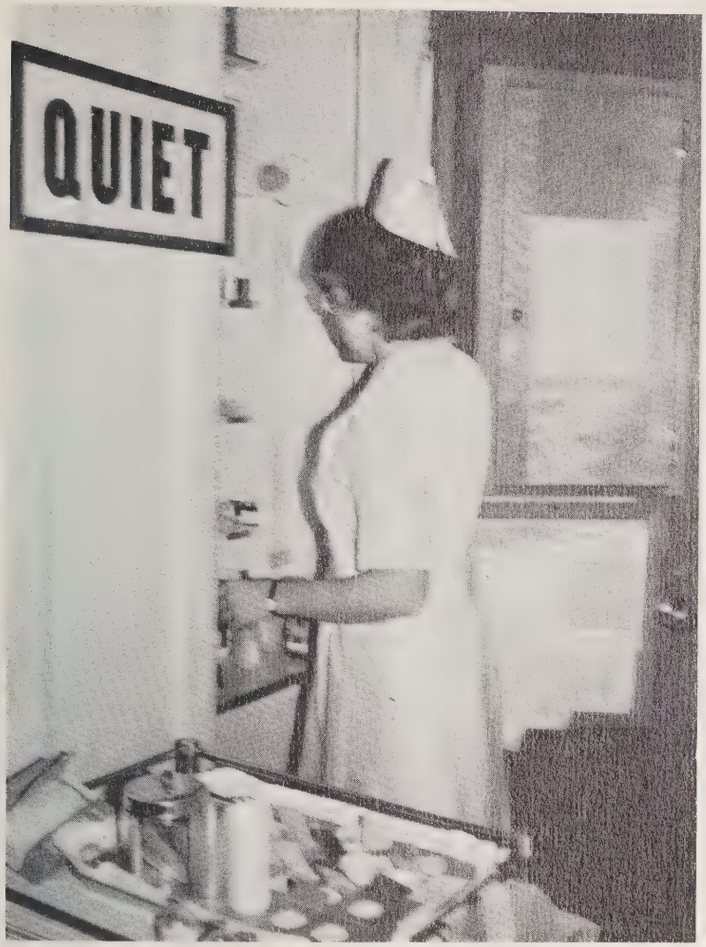
During the junior year, 22 weeks are spent learning about and how to care for the medical and surgical patient. In class the major body systems, the normal and diseased states are studied. This knowledge is then put into practice on the wards in recognizing the needs of these patients and providing appropriate nursing measures.

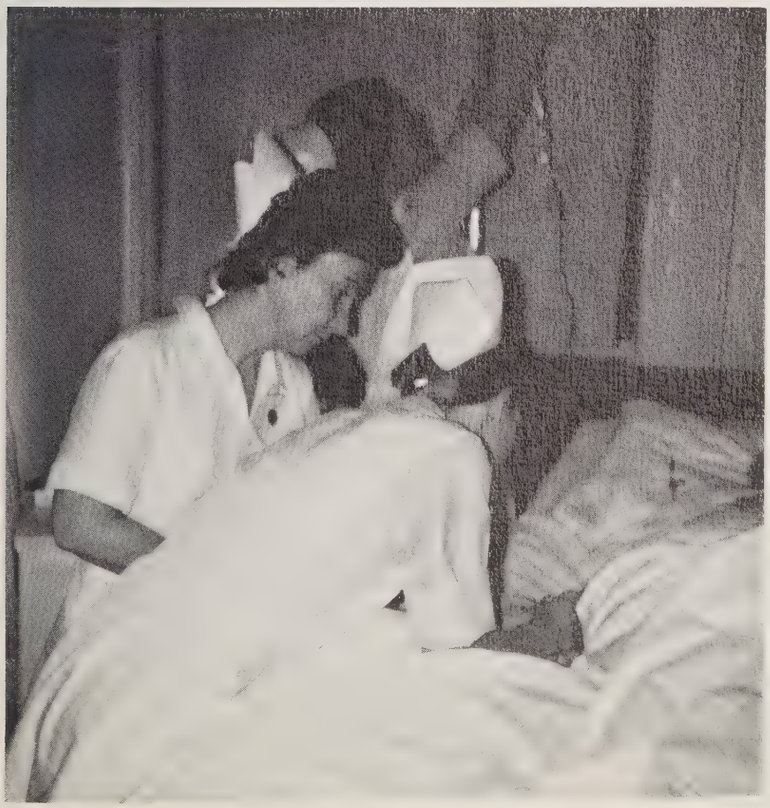
More than just the words are used as a learning experience. OR rotations and time spent at the Family Medicine Center showed a different aspect of nursing and caught us becoming involved in more than just nursing priorities with these patients. A more indepth understanding of those ever present IV's was obtained while spending a day with Mrs. Philips.

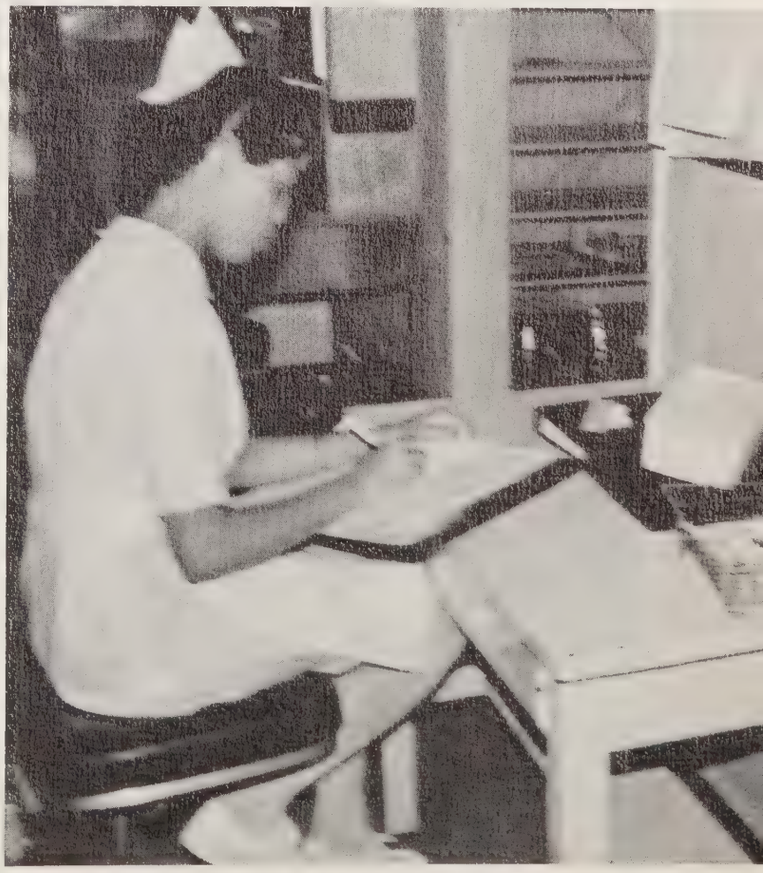
Twenty-two weeks is a long time but the time spent was very important in our professional growth. Med-Surg embodies all the other nursing disciplines.

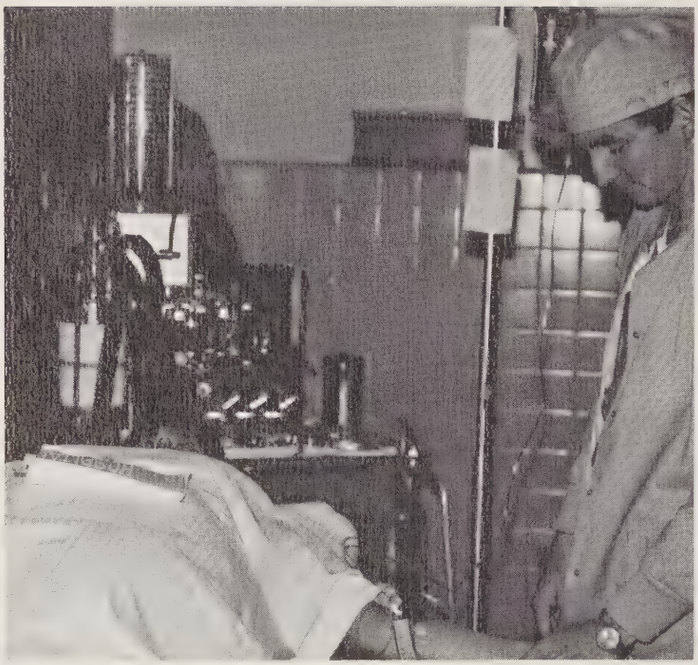
Mrs. Faith Graham, **not pictured**

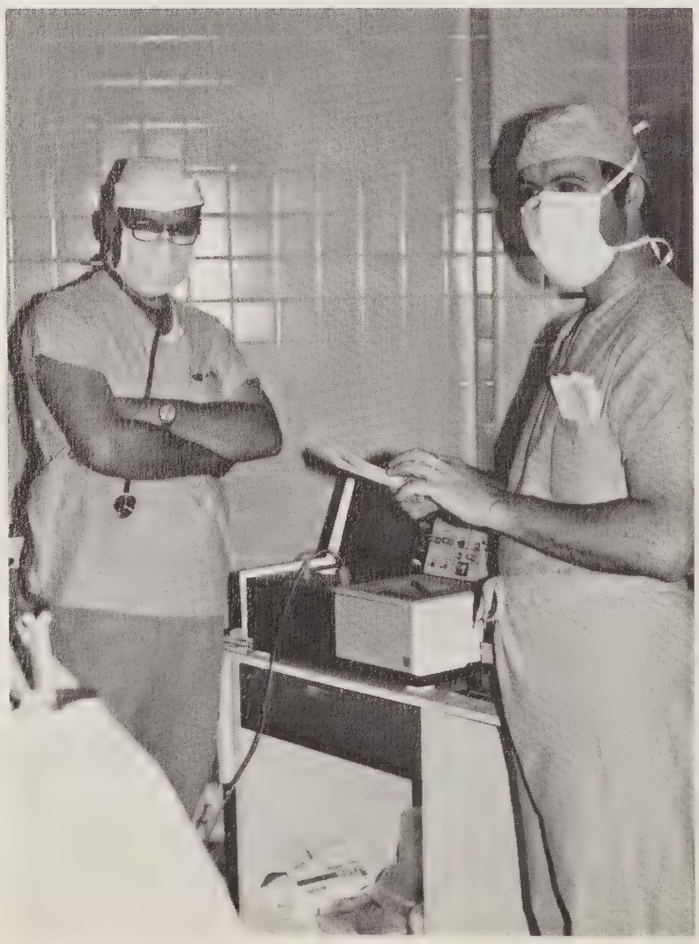


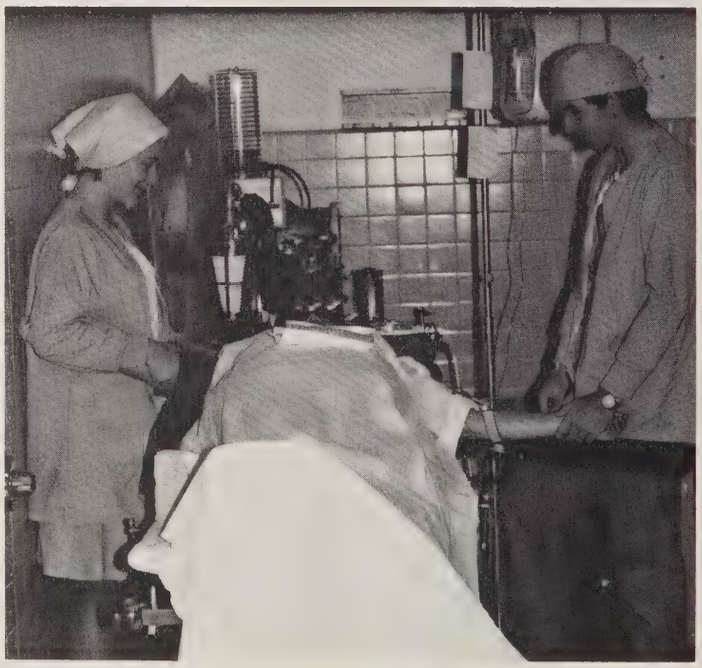

QUIET

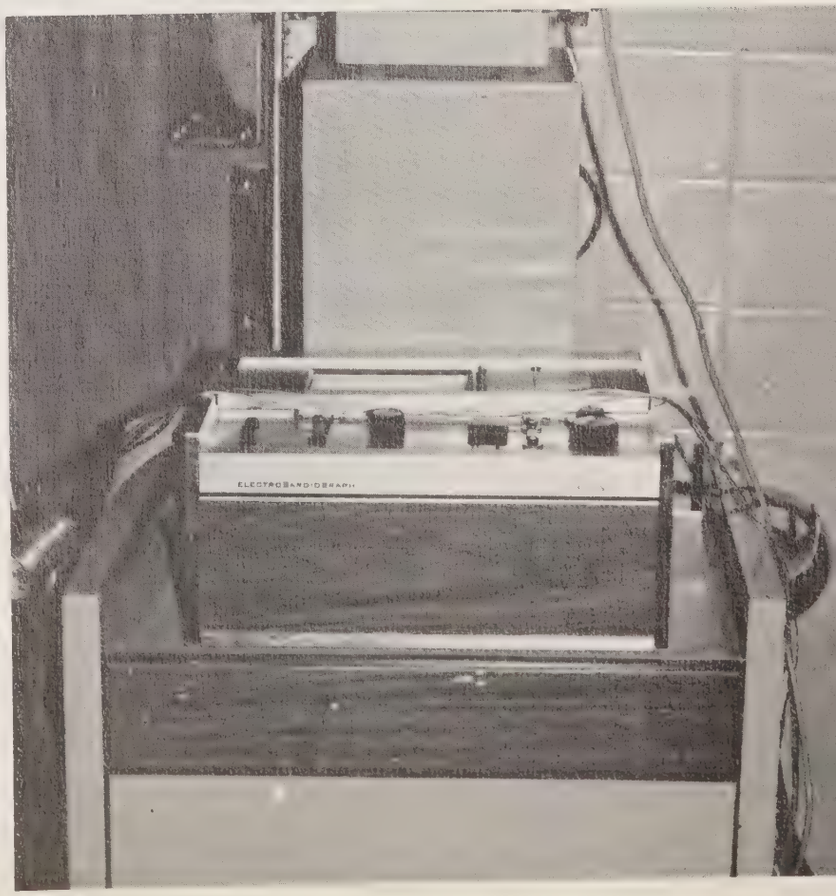










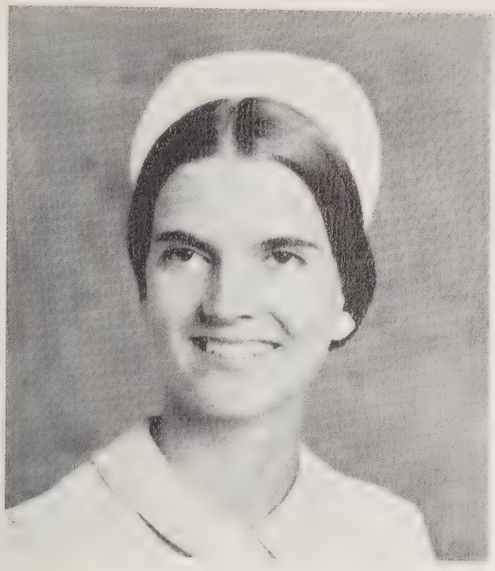


JUNIORS

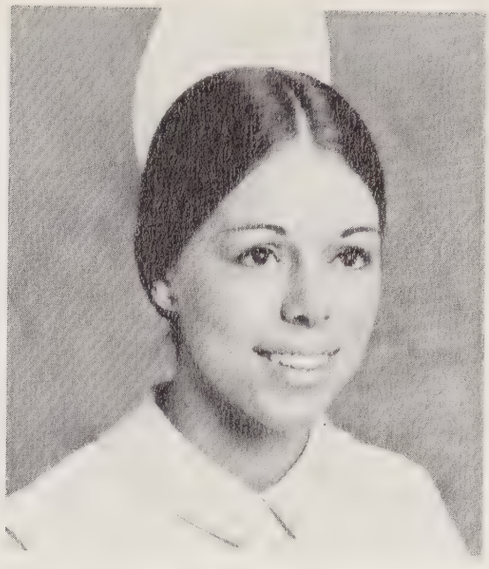
CLASS MOTTO: "Happy are those who dream dreams and are willing to pay the price."

CLASS OFFICERS: S. Alston, pres.; P. Dickens, sec.; B. Johnson, treas.; L. Clary, v. pres.

CLASS FLOWER: Red Rose



Julie Bailey



Sybil Balltzglier

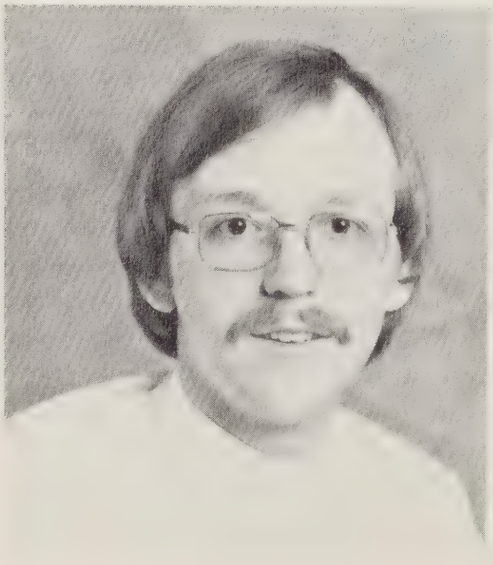
Jane Brady

Donna Branch

Alice Brock

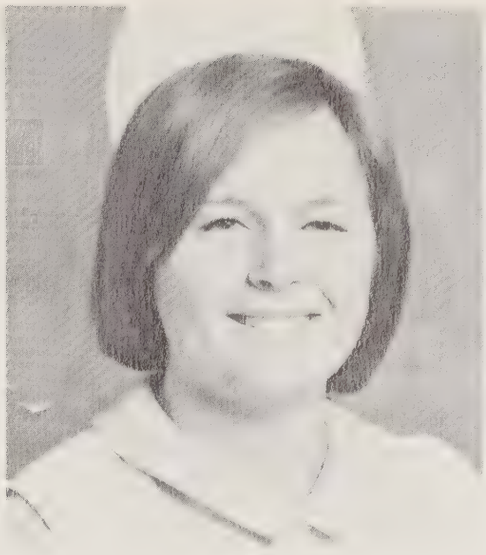
Clara Butler

Sarah Caviness

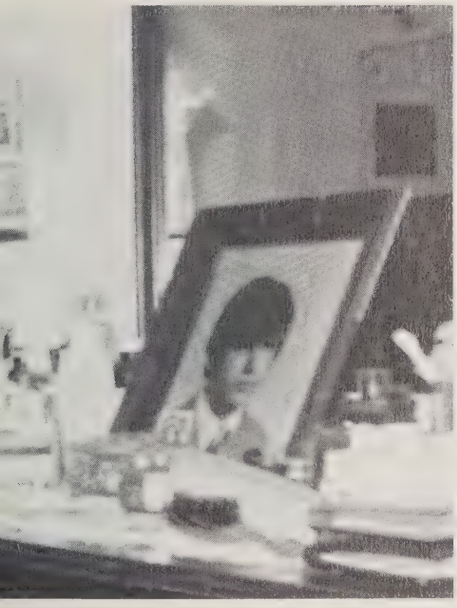


Lester Chalmers

Kay Chandler

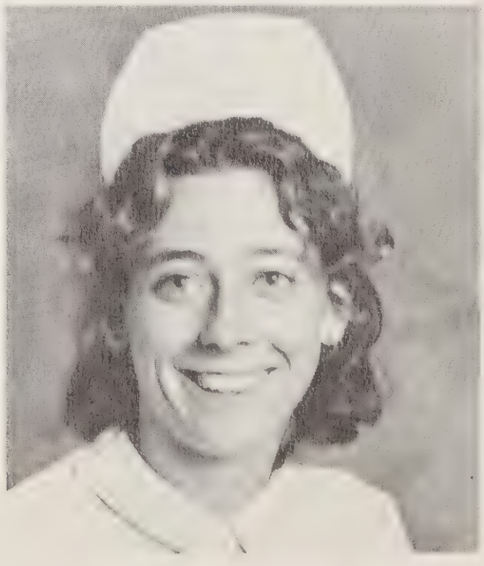


Sandra Chestnut



Debra Chrismon

Lana Clary

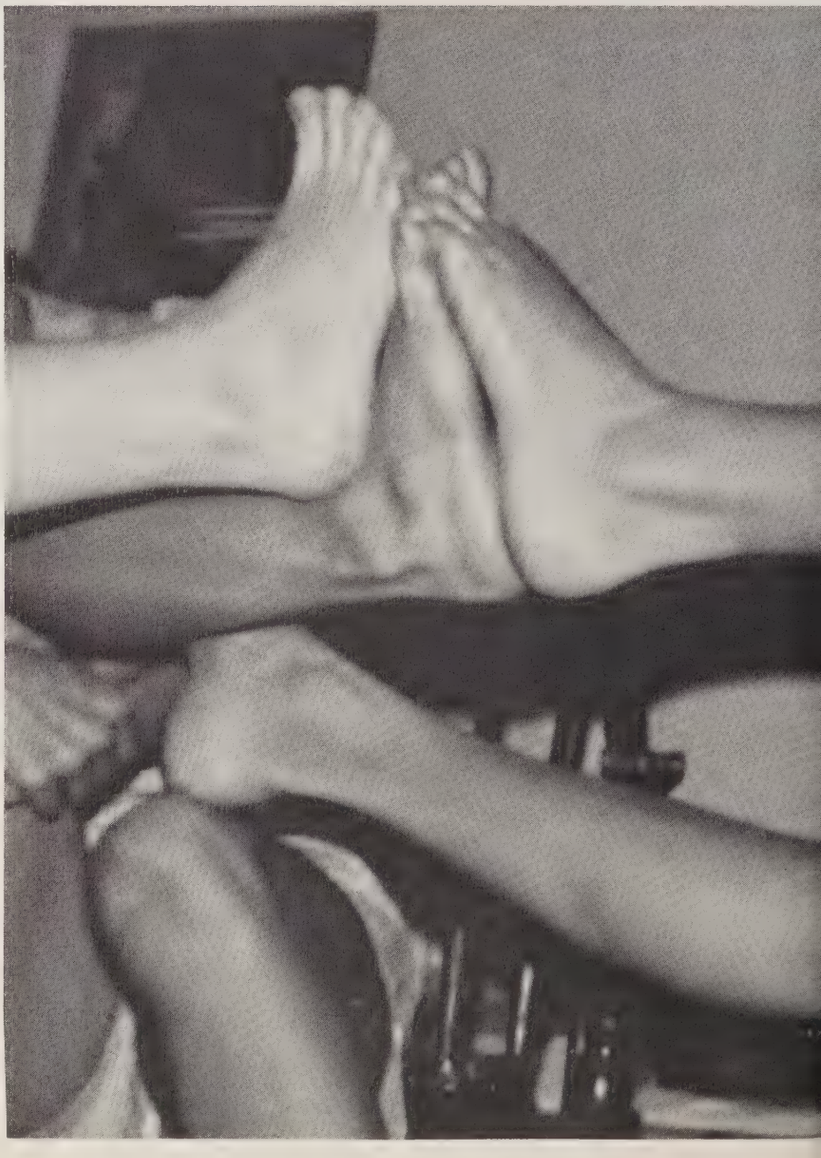


Mary Deering

Pam Dickens

Debbie Dorsey

Lynn Godwin



Marsha Goodwin

Martha Hagadorn

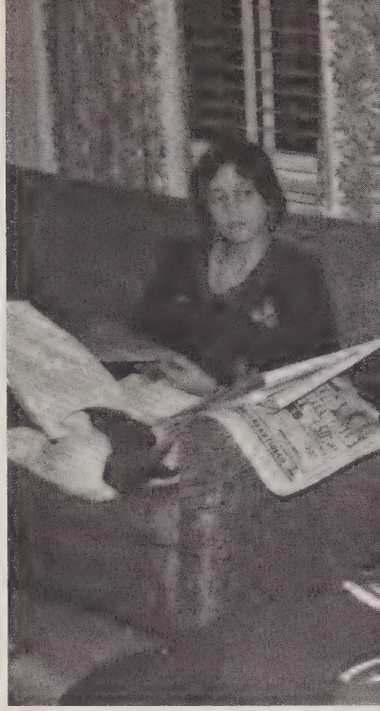
Debbie Harris

Patricia Harris

Donna Harrison

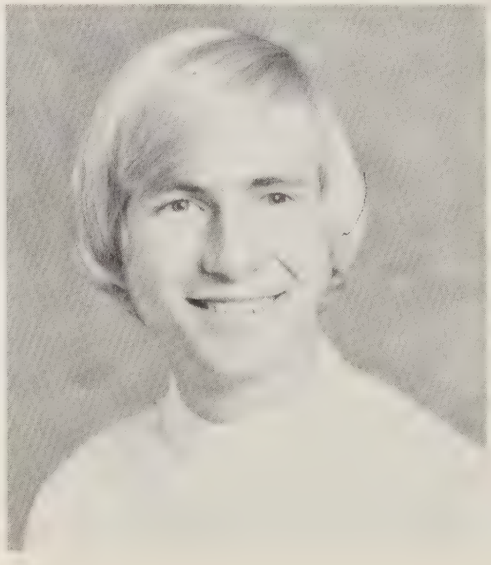
Donna Humble

Kathy Ingle

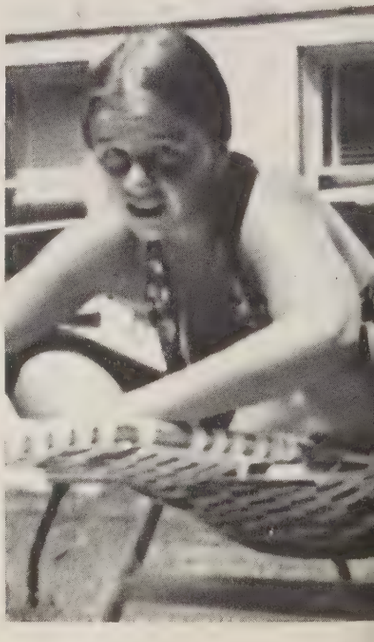


Betsy Johnson

Debbie Jones



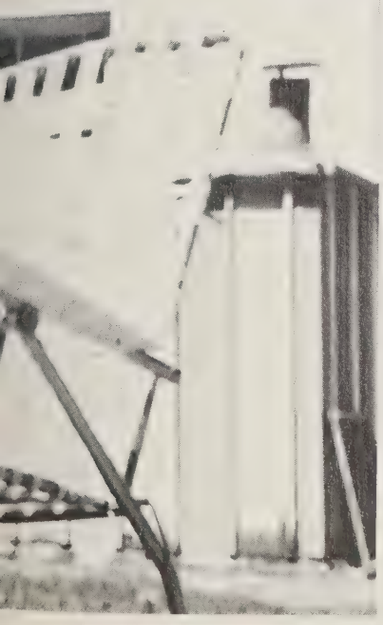
Mike Keaton



June Lane

Dotty Jo Miller

Sheila Murphy

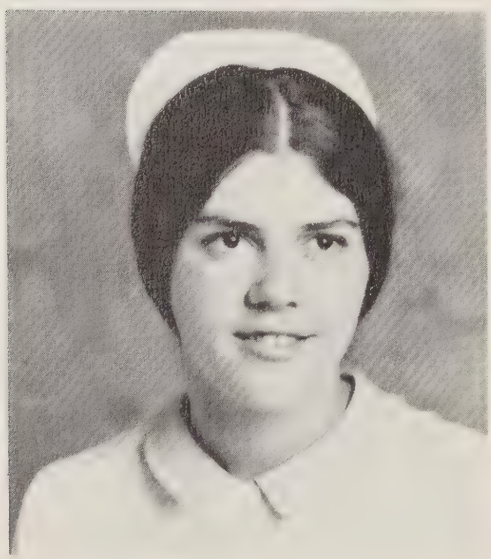


Jackie Oakley

Sarah O'Conner

Bronda Parker

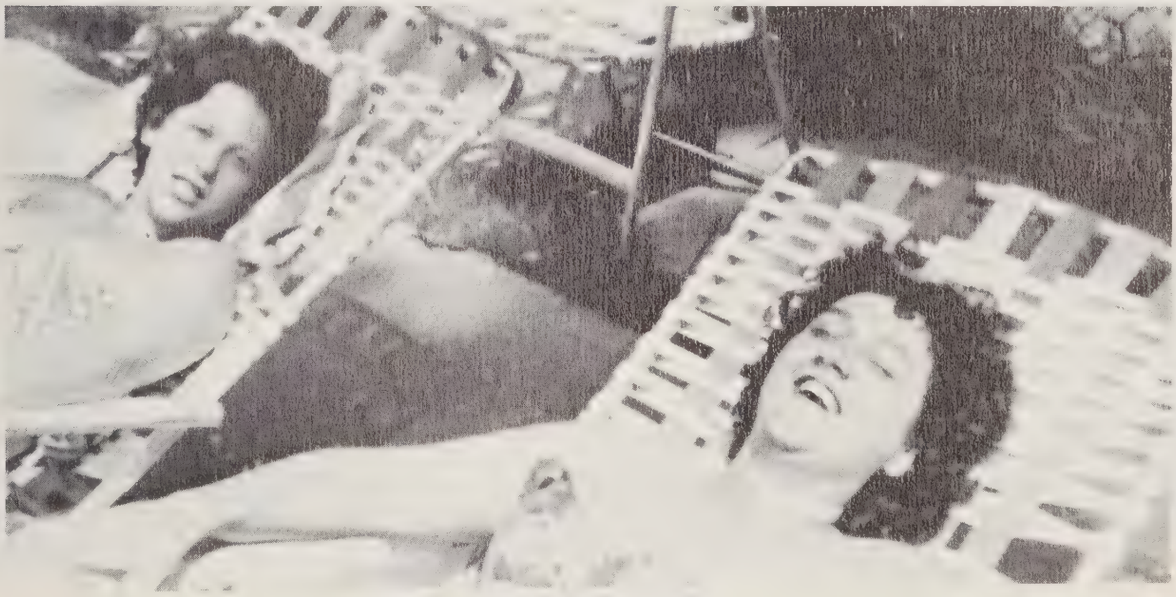
Lynn Parker



Kay Porterfield

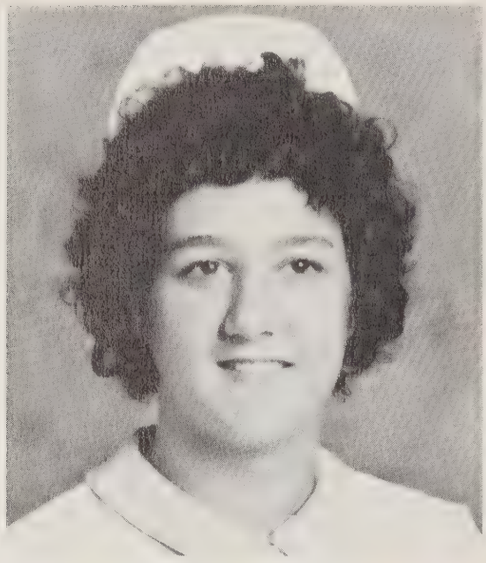
Cindy Rainey

Joanna Southern



Nancy Stewart

Sharon Stewart



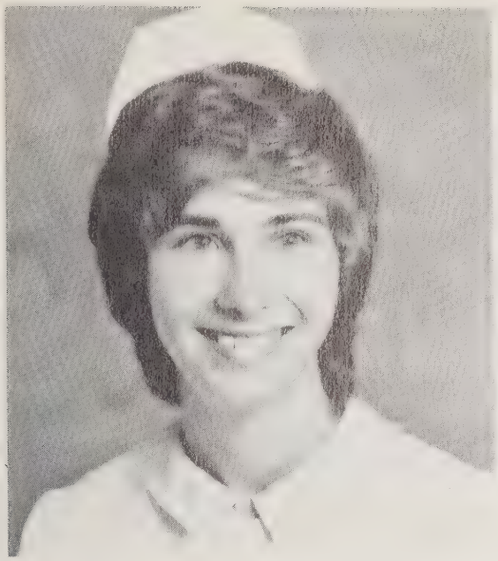
Bonnie Gail Stubbs

Carolyn Taylor

Carol Underwood

Nina Vincent

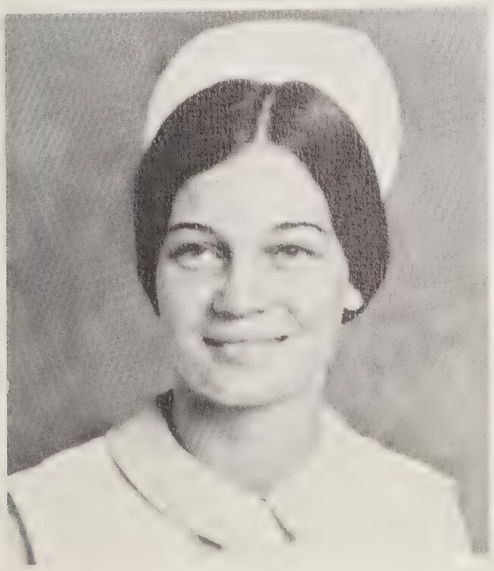
LaRae Weckerling



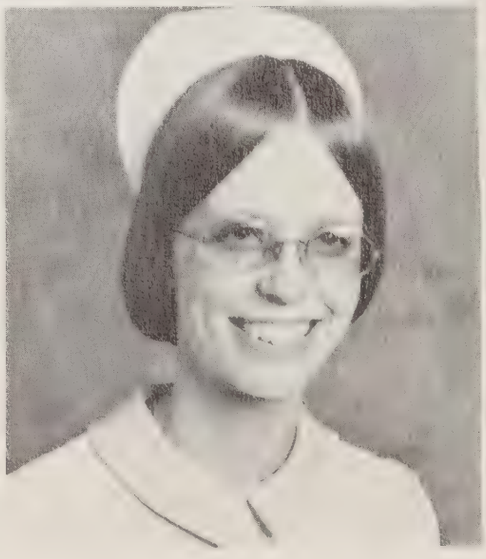
Peggy West

Susan West

Chery Whitfield



Pam Whitlow



Cathye Jo Williams

Judy Williams

Karen Williams

Franci Williamson

Connie Wingert

Nancy Yates

Mary Yonts

PSYCHIATRY

"Do not reject what you do not understand; for with understanding there may be acceptance."

—Walter Rinder

Understanding is the key word to accepting others and the acceptance of self. Through understanding and patience, the student seeks to access and meet her patient's needs, while growing in her own self-awareness. The frequently used phrase "emotional support" takes on its true meaning within the walls of John Umstead.

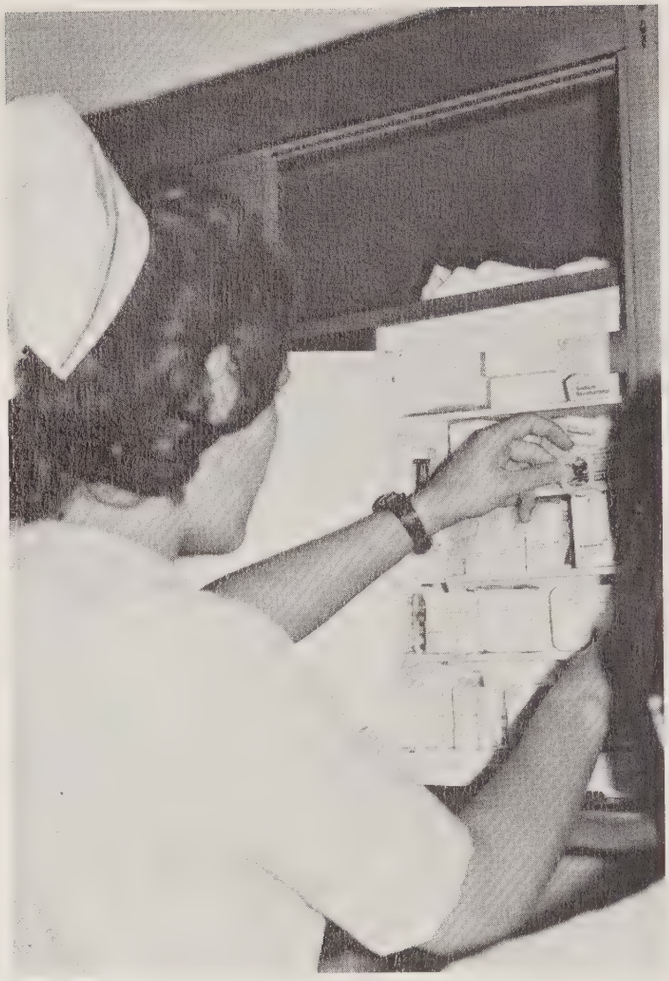
LEADERSHIP

Mrs. Carolyn McCain

Mrs. Charlotte Wood

"Remember by finding things within yourself, only then will you be able to share them with others."

—Walter Rinder



Beatitudes of a Leader

Blessed is the leader who has not sought the high places, but who has been drafted into service because of his ability and willingness to serve.

Blessed is the leader who knows where he is going, why he is going and how to get there.

Blessed is the leader who knows no discouragement, who presents no alibi.

Blessed is the leader who knows how to lead without being dictatorial; true leaders are humble.

Blessed is the leader who seeks for the best for those he serves.

Blessed is the leader who leads for the good of the most concerned, and not for the personal gratification of his own ideas.

Blessed is the leader who marches with the group, interprets correctly the signs on the pathway that leads to success.

Blessed is the leader who has his head in the clouds but his feet on the ground.

Blessed is the leader who considers leadership an opportunity for service.

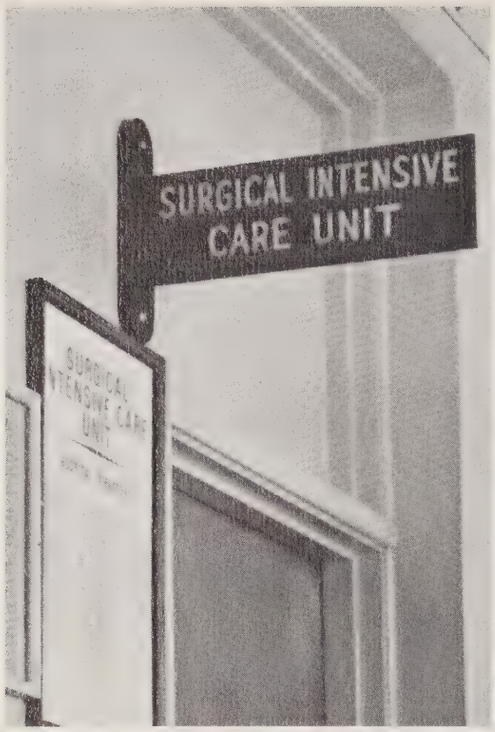
—Author Unknown

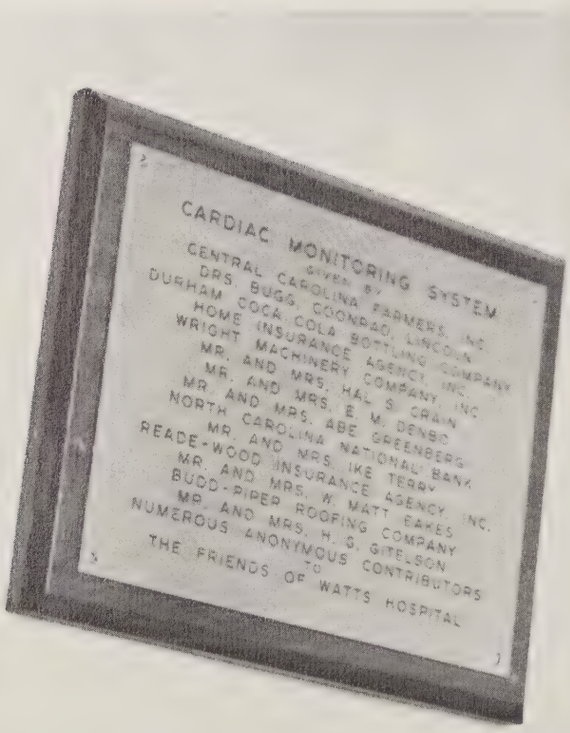
NURSING INTERVENTION

Mrs. Betsy Fletcher

Miss Betty Jean Faulkner

To broaden our nursing knowledge, emphasis was placed on more specialized areas — the geriatric and the critically ill patient. Practical knowledge was gained by rotating through medical intensive care, surgical intensive care, emergency department and Rosemanor nursing home.


SURGICAL INTENSIVE
CARE UNIT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BUDD-PIPER ROOFING COMPANY
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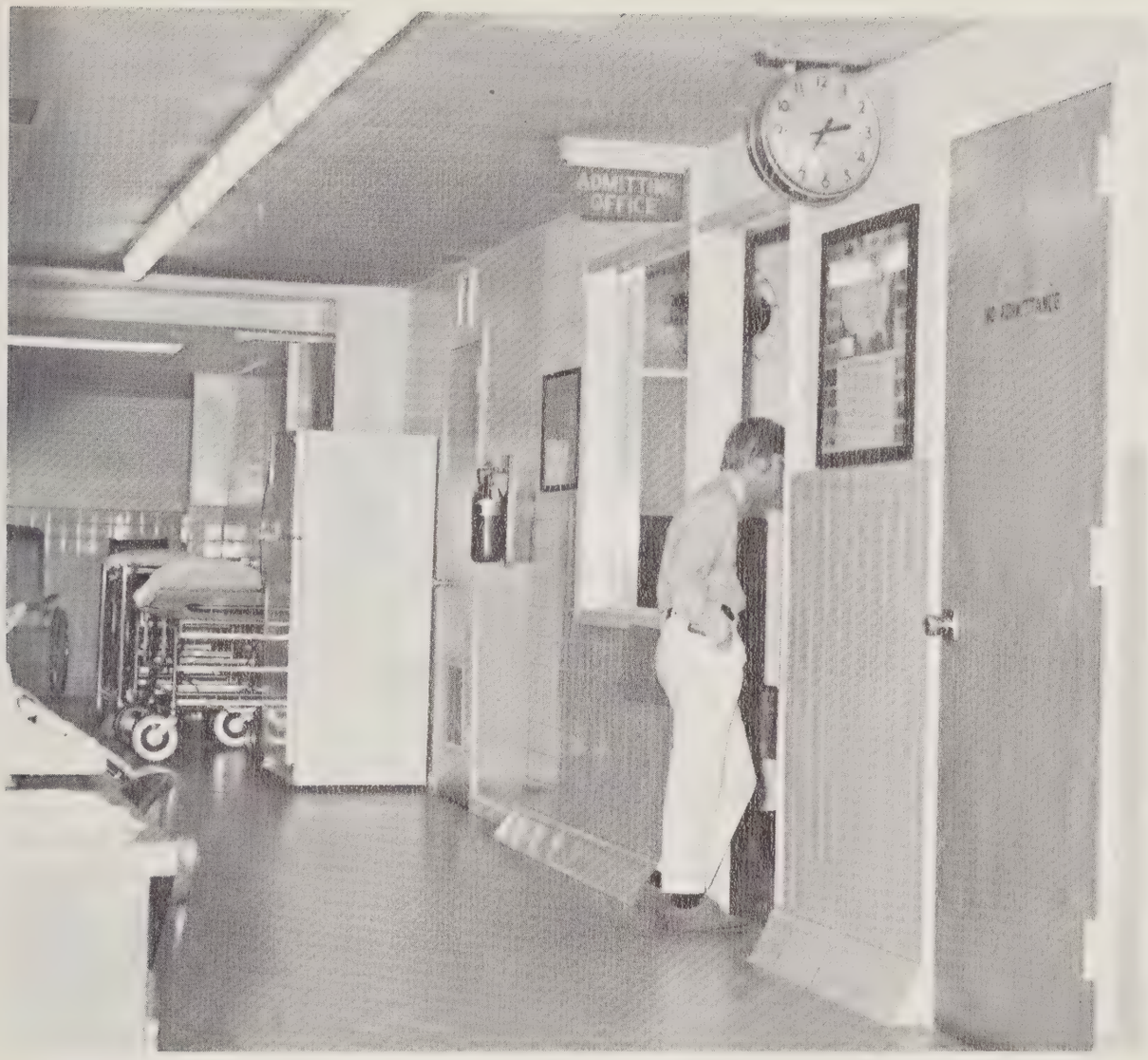
NUMEROUS ANONYMOUS CONTRIBUTORS
TO
THE FRIENDS OF WATTS HOSPITAL


ADMITTING
OFFICE

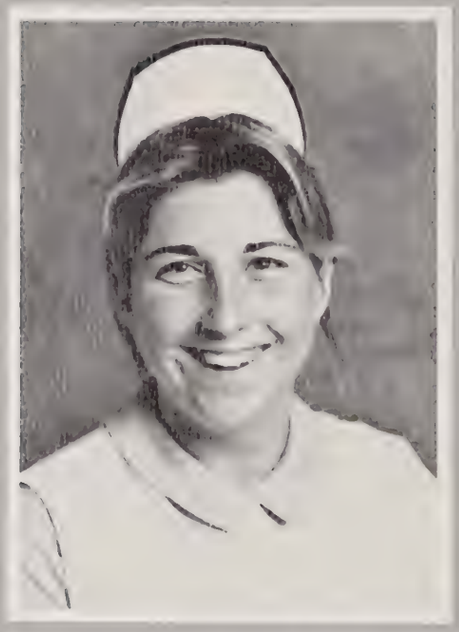
CLASS FLOWER: YELLOW ROSE

SENIORS

CLASS MOTTO: "We shall climb the wall and we shall then explore the wonders on the other side."

J.F.K.

CLASS OFFICERS **Standing:** S. [illegible]field, v.pres.; [illegible] Long, treas.; **Seated:** D. Wa[illegible], sec.; P. Long, pres.



Debra Maressia Bell
Durham, N.C.

Sandra Kaye Cable
Greensboro, N.C.

Barbara Gail Cruickshank
Greensboro, N.C.

Virginia Sharon Davis (Ginny)
Pikeville, N.C.

Linda Carol Ferguson
Graham, N. C.

Barbara Dixon Cates
Durham, N. C.

Karen Gwyn Harrison
Sanford, N.C.

Cynthia Louise Howard (Cindy)
Oxford, N.C.

[illegible] McLean Layfield
Durham, N.C.

[illegible]

Brenda Ann Maynard
Hurdle, N.C.

Shelley Gale Miller
Durham, N.C.

Patricia Crumplar Miller (Pat)
Durham, N.C.

Marilyn Joan Mock
Rockaway, N.J.

Rebecca Lyons Moss (Becky)
Chapel Hill N.C.

Patricia Ward Sweet (Pat)
Chapel Hill N.C.

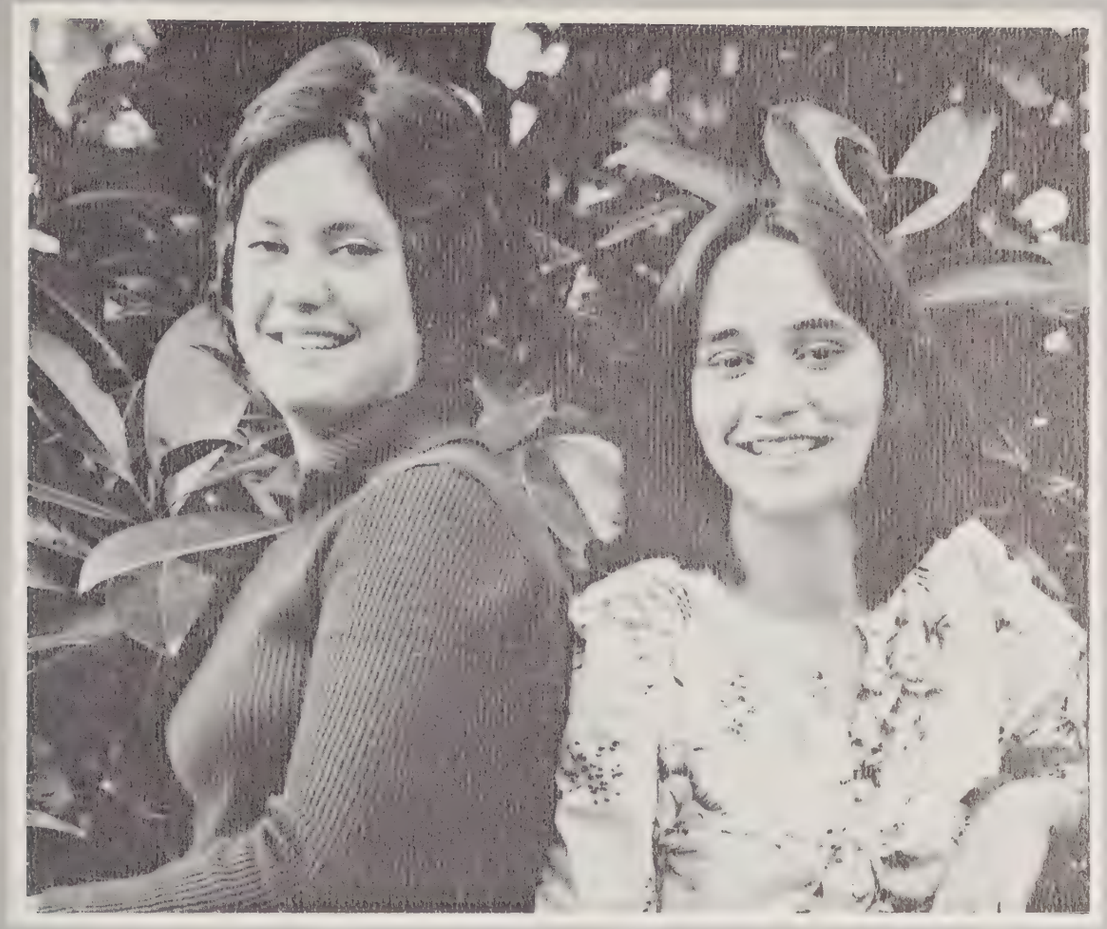
Patsy Rippey Newman
Lana, Virginia

Barbara Gail Oakes (Bobbie)
Snow Hill, N.C.

Lynda Jean Parham
Burlington, N.C.

Nancy Margaret Soble
Durham, N.C.

Donna Jo Way
Siler City, N.C.



Winifred Ellen Wood
Winston-Salem, N.C.

Beverly Ann Cook
Clemmons, N.C.

Vanessa Grant Bailey
Wake Forest, N.C.

Sherri Edna Eddinger
Winston-Salem, N.C.

Kay Wiley Ferguson
Roxboro, N.C.

Elizabeth Ann Grayson
Cary, N.C.

[illegible]
Durham, N.C.

Ruth Lyle Lunn
Durham, N.C.

Susan Lynn Holt
Roxboro, N.C.

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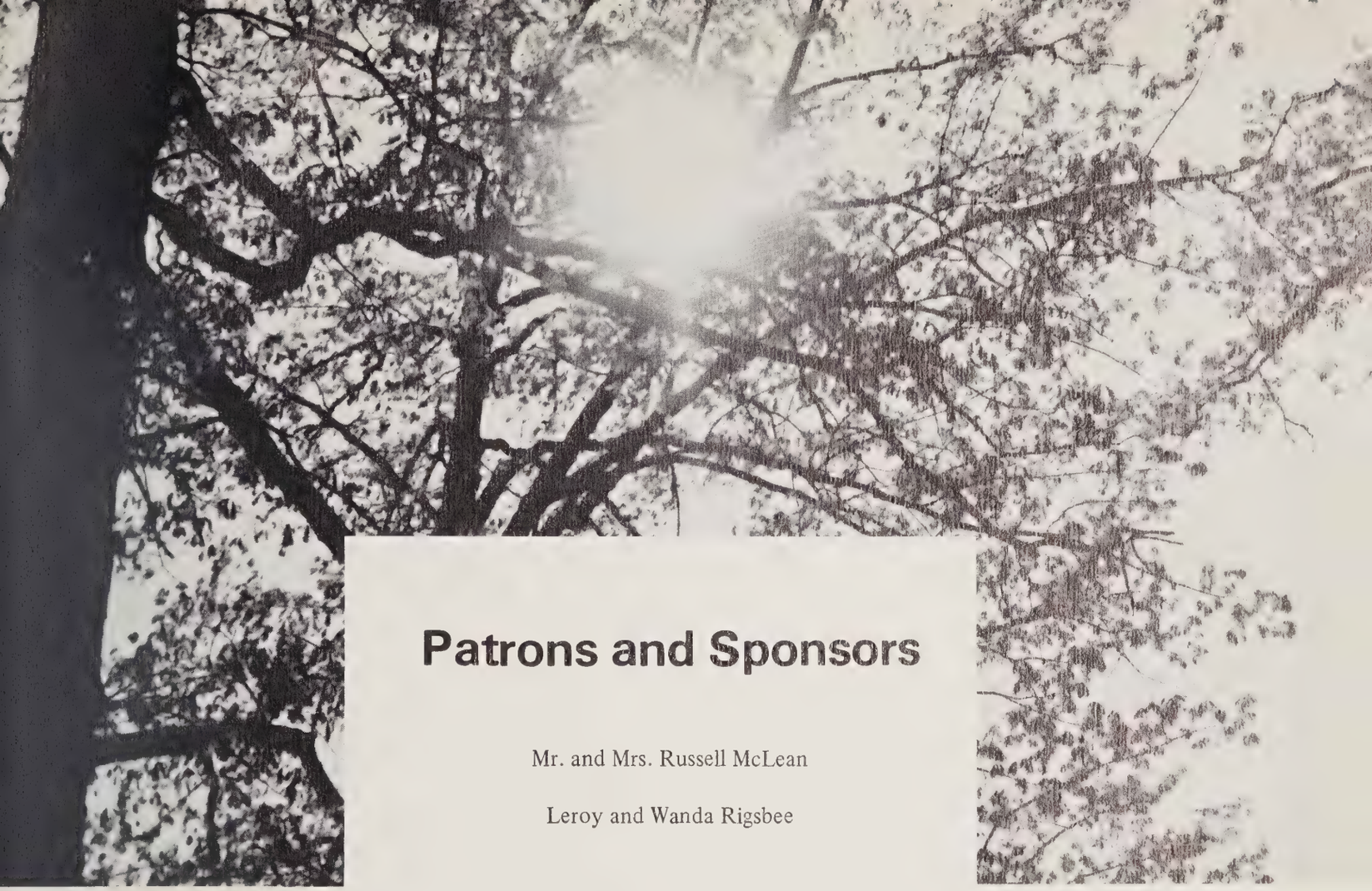

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"Its The Real Thing, Coke"

Letter from the Co-editors

With this letter the final material for **The White Cap** will have been submitted.

In planning this year's book, we wanted to make it different from previous years. We used blue spot color in the opening as well as gray pages. The senior section has gray pages with reverse print. We divided the book into two sections. Our theme was borrowed from a song by the late Jim Croce — "Photographs and Memories", because in years to come that's all that we'll have of our time at Watts. The cover is a one-color silk screen with a gold-colored metallay. The book has 128 pages and is printed in Melior type on 80 pound embossed paper. It is published by the Delmar Companies. The assistance of Joe Decatur and Mike Ward in photography and putting this book together has been invaluable as well as the help we've received from other members of the Max Ward—Delmar team.

It hasn't been easy putting this book out but nothing is ever really easy. We had to change our plans several times but we think that the finished product will be worth it.

Watts is a school full of tradition. This year's book breaks a tradition. This year's **The White Cap** is not dedicated to one person in particular — but to people in general. We've also made plans to include a summer supplement to cover the spring events.

We want to thank everyone who worked on the yearbook and a special thanks to our advisor, Mrs. Carolyn McCain. We hope that next year's book will be even better.

And now the waiting begins for the finished product.

Sincerely,
Sandy Cable
Ann Gurganus

Staff:

Co-editors — Sandy Cable
Ann Gurganus

Copy editor — Sylvia Layfield

Layout editors — Shelly Miles
Edna Rogers

Senior section — Brenda Maynard
Nancy Soble

Junior section — Mary Younts
Mary Deering

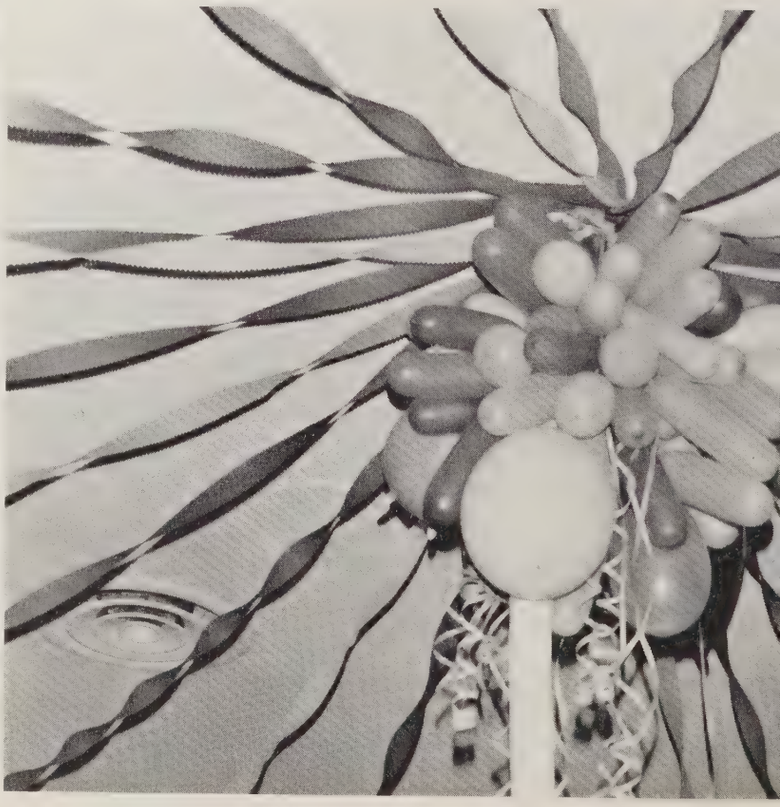
Freshman section — Harriet Adams
Nancy Bigelow

Photographs and memories
All the love you gave to me
Somehow it just can't be true
That's all I've left of you.

WRAPPING IT UP

Swearing in new officers and turning over the governing powers — the last cook out that wasn't — a tea for the faculty and presenting the class gift to the school. All of these were involved in pre-graduation activities.

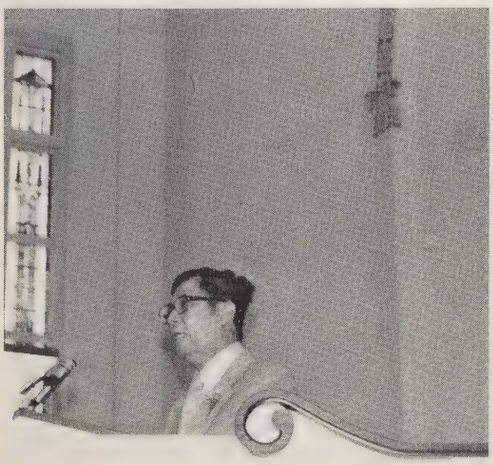
WHITE CAP '75



Bottles, candles, music, the Ramada Inn and Selective Service — all part of White Cap '75. The first dance for some and the last for others. Doctors escorting the candidate of each class and the crowning of Donna Way as Miss White Cap. All of this was part of the festivities.

BLACK BANDING

Black Banding — Magical words for any Junior. The long awaited day when her cap takes on a new appearance and she begins learning what it means to become a senior. Long hours of hard work have led up to this moment. Long hours of harder work lay ahead.



GRADUATION

The "big day" at last — GRADUATION. An ending for some and a beginning for others. The final product of three years of intensive studying emerges. A new way of life begins.

The 78th class to graduate consisted of 43 members. Awards presented were as follows: A. G. Carr Memorial Award to Marilyn Monk; N. D. Bitting Prize to Gwyn Harrison; and the Bonner D. Sawyer Prize to Gennie Allen.

A Beginning

An End

THE NIGHTINGALE PLEDGE

I solemnly pledge myself before God and in the presence of this assembly: To pass my life in purity and to practice my profession faithfully. I will abstain from whatever is deleterious and mischievous, and will not take or knowingly administer any harmful drug. I will do all in my power to maintain and elevate the standard of my profession and will hold in confidence all personal matters committed to my keeping and all family affairs coming to my knowledge in the practice of my profession. With loyalty will I endeavor to aid the physician in his work, and devote myself to the welfare to those committed to my care.